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# JULY



"Just living is not enough.

One must have sunshine, freedom, and a little flower."

HANS CHRISTIAN ANDERSEN, "THE BUTTERFLY"

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TO BUY: TimberTech Azek Vintage Collection Wide-Width Decking in Coastline; timbertech .com for info. Endless Summer Bloomstruck Hydrangea; endlesssummerblooms.com. Aqua Round Cadiz Outdoor Bistro Table, \$140; worldmarket .com. Opla Outdoor Chair; shoponlygoodthings.com for similar. Coral Red Hermit Bowl, from \$20; mkporcelain.com. Settle Serving Platter in Lazurite, \$136; settleceramics.com. Fluted Acrylic Glassware, \$22 for 4; westelm.com. Fiberwood Coasters; studiolim.co for info.





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# CANCER DOESN'T STOP. NEITHER DO WE.

FOR ONE NIGHT. WE STAND TOGETHER.



# SATURDAY 8/21

8 ET/7 CENTRAL





























































## Three Cheers for a Tree House



Thanks to everyone who voted for this picture on my Instagram stories.

E WERE RENOVATING, so I expected a mess when I arrived home Friday evening from a weeklong business trip in the spring of 2009. After a tour of the rubble, cold beer in hand, I spotted a pile of two-by-fours between a couple of trees in the backyard.

"What's that for?" I asked, pointing at the wood with my longneck.

"It's for the tree house," my husband, Steve, said. "Figured we should get this done while the kitchen's being gutted."

"What tree house?" I said, looking around at the vegetable garden, the bird feeders, the trampoline (enclosed), and the zip line descending across the yard. "The girls don't need a tree house."

"Sure they do. A childhood's not a childhood without a fort. I figured you'd be all about the safety, so I hired a guy." If we weren't already "the house where all the kids hang out," with our lawn games and a basement full of frogs, bunnies, and ferrets, then the tree house was gonna make it so. "Just put slip-resistant treads and a railing on the stairs," I said, shaking my head and trying to muster at least the appearance of some authority over the situation.

As our ideas of fun have changed with the years, so has our backyard. The zip line was taken down long ago, the trampoline became a place for the preteens to stare at the stars, and I've managed to keep the deck presentable enough for grilling and gathering.

And the tree house? I well remember my later high school years—and the first loves that came with them—and I've watched my daughters' friend group grow to include new faces and fresh flirting. Nowadays, I sit on the deck, point my longneck at the teens ascending the up-to-code stairs, and observe to Steve with a wink, "It may have started as a tree house, sweetheart, but now we are the proud owners of the neighborhood love shack."



#### #SIMPLESTORY

Caring for our elderly parents is not easy, especially when you throw in dementia. When they begin to lose interest in things they once loved, it's a challenge to keep their moments interesting. Lately, Mom and I have taken up magazine reading for our together time. She loves leafing through the beautiful pages of a magazine we both like. It also stimulates her to converse, and she stays awake! Thank you for providing something we can all enjoy at different stages of our lives.

@I2RITA



Let's look for meaningful moments in our lives and share them here. Tag your Instagram posts with #simplestory and @LizVaccariello to get them to me.



Capital One Shopping instantly searches for available coupon codes and automatically applies them. And it's free for everyone. Just download it to your computer. **It's kinda genius.** 







"Little Debbie Swiss Rolls (Lisa's house after the pool)."

"Orange Push-Ups from

the ice cream truck!"

"Watermelon

sprinkled with salt."

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"A vanilla ice cream cone dipped in rainbow sprinkles. The ice cream truck music reminds me of summers as a kid on our front stoop in Brooklyn."

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"The Bomb Pop. The patriotic colors of red, white, and blue (and 'flavors' that match) scream summer."



"My aunt Margaret Ellen's homemade sour cherry pie."



\*Starts working at hour 1. Use only as directed.

# FROM TOP LEFT: COURTESY OF SUZANNA SCOTT: GETTY IMAGES: COURTESY OF MANUFACTURE

# **REAL SIMPLE Everywhere** Find Exclusive Ideas, Tips, and Ways to Make Life Easier—Every Day



SCENES

Clara Jung

INTERIOR DESIGNER

BEHIND THE

# Most serene space in your home:

The sunroom, without a doubt. It's a true sanctuary. Sitting there, I feel like I'm way up high in a tree house.

#### Go-to gadget:

Splurging on an espresso machine was game changing.
My husband has become my favorite barista.

#### Good read:

I've always gravitated toward my very well-worn copy of *Anne of Green Gables*, especially during trying times. The stories you read as a child tend to stay with you forever and provide loads of comfort.

See Clara's deck design tips on page 54.



#### ON THE WEB

#### 12 Tropical Cocktails to Keep You Cool

Break out the paper umbrellas—these refreshing margaritas, mojitos, and more taste like vacation in a glass. Find recipes for summery sips at realsimple.com/coolcocktails.



#### IN YOUR WALLET

# We Found It, and You Save

Score a discount on a winning brand from our T-shirt road test (page 62). Get \$20 off orders of \$100 or more at american-giant.com by using the code REALSIMPLE at checkout. Offer valid 6/6/21 to 7/9/21.

## IN YOUR MAKEUP BAG

# **Beauty Brands That Give Back**

Sustainable products help you look great while feeling warm and fuzzy. Check out our favorite eco-friendly finds at realsimple.com/betterbeauty.



#### ON INSTAGRAM

# REAL SIMPLE Stacks

"REAL SIMPLE...IRL!"
@katzndobs wrote
on Instagram. Snap a
pic of your own stack,
tag it #rseverywhere,
and follow us at
@real\_simple. Your
photo may appear
on this page.



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#### YOUR WORDS

# What's the First Thing You Do When You Get Home from a Trip?

# If it's summer, I check on my garden. If it's winter, I check on my indoor plants.

MARY HACKMAN,
ELLICOTT CITY, MARYLAND

#### #RSLOVE

I walk through the front door and take a nice, deep breath. Our place always smells like the last candle we burned before we left. Plus, there's that je ne sais quoi smell of a home.

@DOCTORMAMALOGAN



For sharing this photo with us, @doctormamalogan will receive our special edition, The Power of Less. If you want your picture to be considered, tag photos on Instagram with **#rslove**. It depends. If I traveled without my family, I hug them all. If I traveled with my family, I hide from them.

**O** @SUZANNENORD

Open as many windows as possible to replace the stale air lurking in the house.

CAROL CARNEY, NORTH TONAWANDA, NEW YORK

I pull up the weights and start the pendulum swinging in my grandmother clock. Then I fill the bird feeders.

@KRICKETRULEZ

REAL SIMPLE
gave a tip a million
years ago to take
the day after you get
back off from work.
I always do! It gives
me time to veg out,
unpack, do laundry,
and order groceries.
Best advice ever.

@JENICAJ

I call my 30-yearold daughter to let her know we're home safe and sound. She's finally old enough to actually worry about us. DONNA BLONSKI, WAUKESHA, WISCONSIN On the car ride home from vacation, we put in an order at the grocery store for pickup. It takes the pressure off having to go in person. Then we order takeout.

JENNY PIEZAS, CRANFORD, NEW JERSEY

I find my cat, and I either get to love on her or am punished for leaving her. It's her call, and you never know which will win out!

O @JILLIANMAY82

#### Change into pj's,

flip on the TV to something familiar, and go through the trinkets and gifts I bought for family and friends.

@CONNIECHAVEZ02

# I greet my two min-

I make sure they know how much they were missed. Then I go through my mail. YOLANDA SANCHEZ, SACRAMENTO, CALIFORNIA

iature schnauzers.

Get in bed! I cannot relate to any of the unpackers or showerers. Sometimes I don't unpack for months after I'm back.

@HAGRID\_OF\_

#### I check my freezer.

If the ice cubes are a frozen lump, I know the electricity was out long enough for things to thaw then refreeze, and it all needs to be tossed. DANI MOORE, PICTURE ROCKS, ARIZONA

#### Cook a turkey!

@BRIEREMARCY

#### No matter how wonderful the vacation.

as soon as I walk through the door, I say, "There's no place like home!" Then I get started with the laundry. SHARON PANDOLFI, PHILLIPSBURG, **NEW JERSEY** 

I call my mom from the cab on the way home from the airport because I know she is waiting to hear that I made it home safe.

SUE KOREN, ROLLING MEADOWS, ILLINOIS

#### I think about when and where my next trip will be.

LINDA MUSTO, MALVERNE, NEW YORK

#### READER OF THE MONTH

#### **Hannah Bell**

**COSMETOLOGY AND AESTHETICS INSTRUCTOR RED WING, MINNESOTA** 

#### What's the first thing you do when you get home from a trip?

I lie in bed and look at all the pictures I took.

#### What's always in your bag?

Sunscreen and about 64 shades of lipstick.

#### What's always in your car?

Excellent tunes and McDonald's wrappers.

#### Who makes you laugh the most?

My mom, Jane!

#### What's your favorite family recipe?

My husband's Greek chicken and tzatziki on homemade pita.

#### What's your favorite tradition?

Family meals outside every Sunday in the summertime.

#### Most recent splurge?

A big, brick fixer-upper built in 1870.

#### Where is your happy place?

The dinner table.

#### **NEXT QUESTION**

#### What's your most controversial food opinion?

Send an email to yourwords@realsimple.com and let us know your answer to this question. Your response could appear on these pages.



Discover how to organize and personalize a special activity space for your child to draw, play, read, and more. See how Command™ Brand can help it come to life.

#### TRY THESE DIY PROJECTS

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Put your little artist's masterpieces on display by clipping them to a piece of baker's twine with mini clothespins.

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Clear Medium Hooks.



## SET UP A CREATION STATION



Inspire creativity by keeping art supplies organized and within reach. Hang small buckets above your child's desk with Command™ Clear Large Hooks and fill them with crafting essentials.

#### 3 BUILD A BOOK NOOK



Encourage recreational reading by curating a cozy area. Mount **Command™ Picture Ledges** to the wall like floating bookshelves and add comfy seating.





Scan the code with your phone for step-by-step instructions and visit command.com for helpful products that can be applied easily and removed damage-free.

# DELIGHTS





#### **1 TABLE FOR TWO**

This intimate dining set folds for fast and easy storage. **TO BUY:** Coral Folding Metal Bistro Set, \$150; homegoods.com for stores.

## 2 WORDS WITH (MORE THAN) FRIENDS

Sometimes you have to spell out your desires. This serving platter helps. **TO BUY:** Jamida You & Me Word Tray, \$40; gretelhome.com.

#### **3 NEVER MISS A BEAT**

Play lovey-dovey tunes for 10 hours on this compact wireless speaker built for the outdoors—it's waterproof and drop resistant. **TO BUY:** Roam, \$169; sonos.com.

#### **4** BOTTLE SERVICE

Carry your wine in something other than a sad plastic bag. This quirky set of reusables is made from recycled nylon. **TO BUY:**Wine Baggu, \$28 for 3; baggu.com.

#### **5 KEEP YOUR COOL**

Sip from this insulated, spillproof cup that helps cocktails stay chilled on balmy nights. **TO BUY:** Margtini Tumbler, \$25; brumate.com.

#### **6** A NEW FLAME

Enjoy the vibes of a campfire minus the fuss. This totable version is simple to light and put out.

TO BUY: Portable Campfire, \$28; uncommongoods.com.

#### **7 EXTRA CUSHIONING**

Pamper your tushes
with mix-and-match
oversize floor pillows.

TO BUY: Heather Taylor
Home Indoor/Outdoor
Floor Cushions, \$100 each;
westelm.com.

#### **8 WARM GLOW**

An amber glass hurricane keeps your candle lit on breezy evenings. **TO BUY:**Madirra Hurricane
Candle Holder, from \$25;
crateandbarrel.com.



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## 1

#### **ICED TEA TIME**

Serve a cool drink in minutes with this sculptural set. Steep a tea bag in the upper pitcher, then instantly chill the beverage in the ice-filled vessel below. **TO BUY:**Tea Over Ice Pitcher Set, \$55; teaforte.com.



4

#### KITCHEN ESSENTIAL

This 14-inch extinguisher sprays in an arc to fight grease fires without splashing oil. The white finish blends in with any decor.

TO BUY: Kitchen Fire Extinguisher, \$24.50; shopkidde.com.



Strong adhesive secures it in place but comes off without

damage.

# 2

#### CORD CORRAL

Attach a sleek leather band to the edge of your desk to keep chargers and cables at the ready. No more excavating on hands and knees! **TO BUY:** SurfaceSnap, \$30 for 3; twelvesouth.com.



# Little Helpers to Make Your Life Easier

BY BRANDI BROXSON



# 5

#### **GIVE ME SPACE**

Lay this mat over a sink to create a surface for makeup and hair tools. When you travel, it folds to the size of a tablet. **TO BUY:** The Matte, \$35; thematte.com.



# 3

**PAW PATROL** 

Use it now to protect your dog's paws from a hot sidewalk, then again in winter as a salt barrier. It is made with safe-to-lick carnauba wax and comes in a handy tube. **TO BUY:** Paw Soother Travel Stick, \$4.75; naturaldog.com.





#### **SOUND ADVICE**

If you have a bashful bladder, switch on this device in a public bathroom to dampen noise while you do your business. The size of a bar of soap, it sounds just like an exhaust fan and has 16 volume settings.

TO BUY: Faux Fan, \$40; fauxfan.com.





# GLOW RECIPE CRÈME POUR LE CORPS GLOW RECIPE WATERMELON GLOW PINK DREAM **BODY CREAM** Moisturizers, well, moisturize. But this creamy whip also sloughs off dead skin with alpha hydroxy acids, smoothing bumps and fighting flakes. Its lush texture sinks into skin,

so you can slip into that sundress right away. TO BUY: \$28; sephora.com.



#### **1 FACE REFRESHER**

#### Olehenriksen **Cold Plunge Pore Remedy** Moisturizer

A moisturizer you'll want to use on hot days, it cools on contact and controls shine. Eucalyptus refines pores. **TO BUY:** \$46; sephora.com.

#### **2 STAR SETTER**

#### **Dior Backstage** Face & Body Powder-no-Powder

This has all the pluses of powder (absorbing shine, setting makeup, blurring lines), none of the minuses (settling into creases, looking cakey). **TO BUY:** \$40; sephora.com.

#### **3 WONDER WASH**

#### **Dr. Zenovia Clear Complexion 10% Benzoyl Peroxide Acne Cleanser**

The benzoyl peroxide shrinks honking chin zits in record time. without leaving skin irritated or desert dry. **TO BUY:** \$30; sephora.com.

#### **4 CUTER CARTONS**

#### Sk\*p Shampoo, **Conditioner, Cleanser,** and Moisturizer

These honey-infused formulas in sturdy paper cartons are easy on your skin, hair, and the environment (peace out, plastic!). **TO BUY:** From \$15; skpgen.com.



#### **5 A GREENER RED**

#### **Hourglass Cosmetics Confession Ultra Slim High Intensity Refillable Lipstick** in Red 0

Some red pigments come from crushed insects (truth and ew!). This lasting hue is a vegan alternative. **TO BUY:** \$40: sephora.com.

#### **6 STRESS REDUCER**

#### **Euka Wellness Shower Bombs**

Transform your shower into a sanctuary by placing these essentialoil tabs under the stream. Inhale for self-care in seconds. **TO BUY:** \$15 for 6; eukawell.com.

#### **7 HAIR HELPER**

## **Virtue Flourish**

**Density Booster** Hair-loss treatments can be messy and harsh. This one looks pretty, smells like citrus, and has a blend of proteins and botanicals that rejuvenates fragile strands. **TO BUY:** \$48; virtueflourish.com.

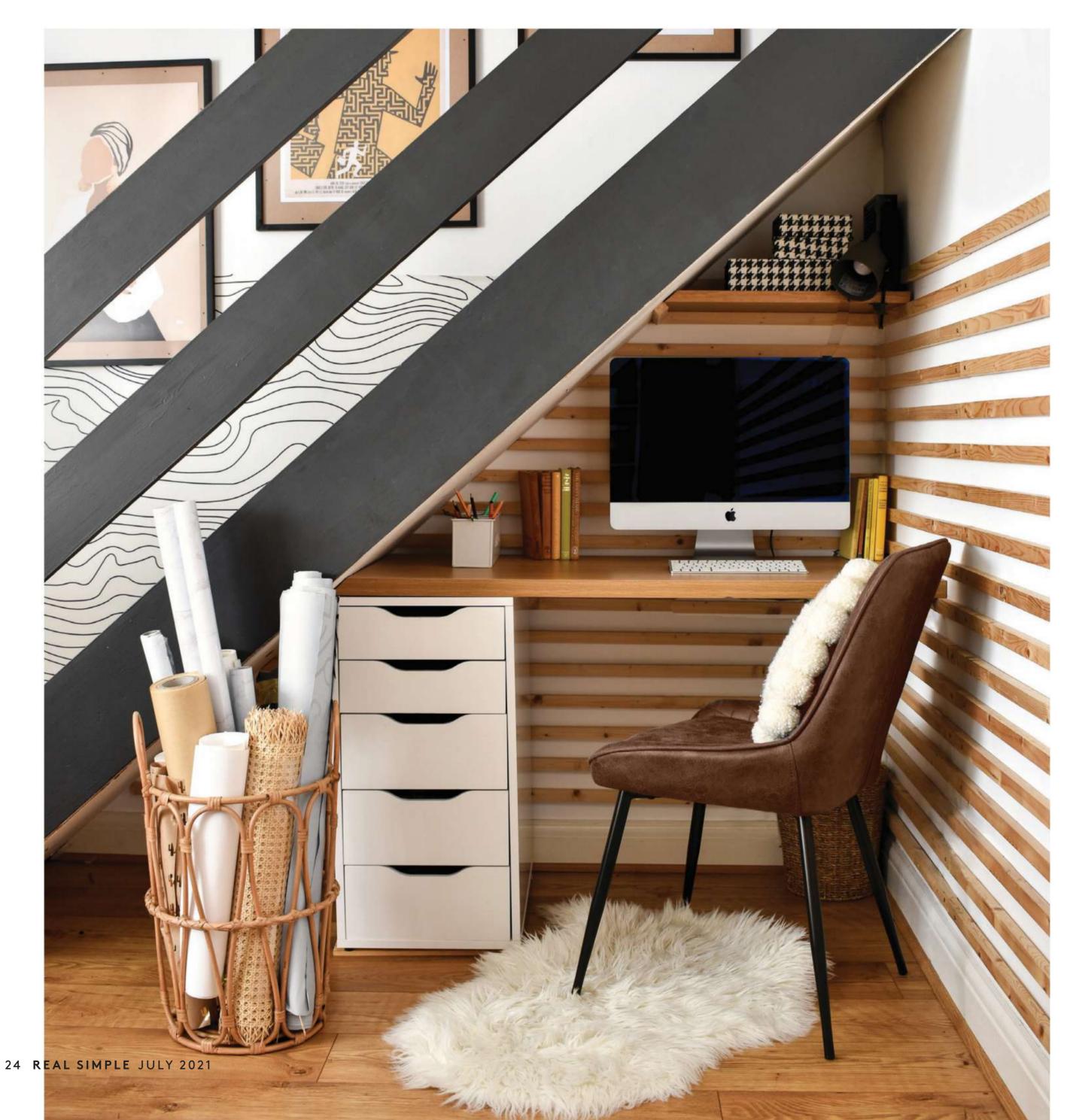
7

#### SPACE OF THE MONTH

# Work an Angle

In a flight of fancy, one mom turned the awkward spot under the staircase into a homework station.

BY LESLIE CORONA





Whether you're planning a total bedroom refresh or just need a few finishing touches, The Home Depot® has exclusive furniture pieces, stylish home accents and luxurious linens from The Company Store that you won't find anywhere else. Shop homedepot.com/decor today to get free and flexible delivery\* with easy returns.

\*Free delivery on select items over \$45

Explore the assortment at homedepot.com/shopthisroom





# Meet the Owner MEDINA GRILLO

When the Birmingham, England-based designer was planning a study area for her 9-year-old son, she knew what she didn't want: anything in his bedroom, and any place out of her sight, since she had to monitor his internet use during homework time. Then Medina noticed the space beneath the stairs in her living room, and eureka!—she tapped her DIY know-how to transform the nook on a budget in a single day. She often works from the space too, and loves being around her family when they're hanging out on the sofa.

> A faux-fur mat can be lovely in winter when the floors get cold.



#### **Get the Look**

#### TIE IT ALL TOGETHER

Rather than painting the walls, Medina took a cue from the raw wood pieces in the adjacent entryway and nailed up wood slats, which warm up the alcove. Dark touches, like the chair and light fixture, echo the charcoalcolored stairs.

#### **CUSTOMIZE THE DESK**

To get a work surface that fit the sloped space, Medina cut the edge of an inexpensive tabletop at a 45-degree angle. Since it's bracketed to the wall, she didn't need to buy table legs.

#### BRIGHTEN DARK

wired for overhead lighting, so Medina incorporated a clamp-on task lamp for illumination. A faux-sheepskin mat and pillow add coziness.

TO BUY: Pillowfort Tulip Shaped Basket, \$25; target.com. Kerry Rolling Storage Cart, \$90; worldmarket.com. Tension by Jaime Derringer and Modern Vase #1 by Amber Purdy, from \$38 each; minted.com. Hampton Bay Clip-On Lamp, \$13; homedepot .com. Anfallare Tabletop, \$79, and Toftlund Rug, \$10; ikea-usa.com. Amy Upholstered Side Chair, \$200 for 2; wayfair.com. Paint: Very Black; valspar.com for info.





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#### **Quick Ideas**

#### **ARTICHOKE CHICKEN**

Drain 2 (12 oz.) jars marinated quartered artichoke hearts, reserving 1 Tbsp. liquid. Stir 1/3 cup grated pecorino, <sup>1</sup>/<sub>4</sub> cup mayonnaise, and 1/4 tsp. kosher salt into liquid. Arrange 4 boneless, skinless chicken breasts and artichokes on a baking sheet. Spread mayonnaise mixture over chicken. Bake at 425°F for 22 to 25 minutes. Cook <sup>1</sup>/<sub>4</sub> cup panko and 1 Tbsp. butter in a skillet over medium until golden, 3 minutes. Sprinkle over chicken.

## ROASTED ARTICHOKES AND POTATOES

Toss 1 lb. halved baby new potatoes, 2½ Tbsp. olive oil, and 1 tsp. each kosher salt and smoked paprika on a baking sheet. Scatter 2 (12 oz.) jars marinated quartered artichoke hearts (drained) around potatoes. Roast at 450°F until potatoes are browned, 35 minutes. Top with chopped parsley.

#### ARTICHOKE MAC

Drain 1 (12 oz.) jar marinated quartered artichoke hearts, reserving ½ cup liquid.
Chop artichokes. Melt 3
Tbsp. butter in a large pot.
Add 3 Tbsp. flour; whisk for 2 minutes. Whisk in 1 tsp.
grated garlic and 2 cups half-and-half until thickened, 4 minutes. Stir in 2 cups shredded fontina, ½ cup grated Parmesan, and artichoke liquid. Add 4 cups cooked macaroni and artichokes; cook for 3 minutes.

By Jenna Helwig Recipes by Liz Mervosh



# Pinch salt, not yourself.

No, it's not a dream. It's a beautiful, sustainable and affordable quality kitchen. We even have a team of professionals to help you every step of the way, from measurement to planning to installation – even financing options. Oh, and did we mention it has a 25-year warranty? On second thought, maybe you do need that pinch.

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#### MY SIMPLE REALIZATION

# "Boredom Is What My Brain Needed"

KRISTYN KUSEK LEWIS was on a nonstop podcast and audiobook kick.

Then her earbuds quit on her.

one recent morning, when I set out for my usual run, I turned on the news podcast I subscribe to and the sound started to go fuzzy. I stopped in my tracks, immediately frustrated, because even though my run is one of my favorite parts of the day, I knew I would have to abandon it if there was something wrong with my earbuds. How could I possibly exercise without listening to something?

I got the earbuds working, but throughout the day, and the next several days, I noticed how much I'd been pairing my routines with something to listen to, always with the intent of making the task more pleasurable. Before I got in the shower, I turned on a podcast. Vacuuming or folding laundry? Perfect time for an audiobook. I couldn't even brush my teeth before bed without someone chattering in my ear. The Covid outbreak made things worse: Given the 24/7 togetherness with the family, I discovered, shamefully, that I could be "alone" by

popping in my earbuds. What better way to tune out the sound of my husband chewing yet another handful of Triscuits?

I had a moment of reckoning one Sunday evening. We'd been spending our stay-at-home time building a backyard clubhouse for the kids, and I was outside painting all day. By the time I finished, I was physically and mentally exhausted. I felt fried in the way I do after a long day of writing, and as I stood in the kitchen, looking at my phone, it was easy to see why: I had spent *six hours* listening to audiobooks. Was it entertaining and enlightening and fun? Yes. But six hours?

The next day, as I clipped on the dogs' leashes for a walk, I decided to forgo the phone. Instead, I would be in the moment. Try as I did to relax, to notice the birds chirping and the sun filtering through the trees, I was mostly just bored. But by the time I circled back home, I felt calmer. And

clearer, as if the fog that often clouded my thoughts had evaporated. I could actually hear myself think. Maybe boredom was what my brain needed.

I love that at any moment, I can tap a button and listen to Michelle Obama talk about parenthood or hear David Sedaris narrate his latest book. But it's also a fact of modern life that having a fire hose of entertainment at our fingertips means it's all too easy to distract ourselves right out of our own minds.

I still can't run without my earbuds, but I've started to shower in silence, and brush my teeth, and walk the dogs. Now I notice the clinking of the dogs' tags against their collars, the sound of my own breath, even and steady. And I know that, even if it's a little dull, it's a moment of stillness, a chance to be alone with my thoughts, maybe the only one I'll get all day.

KRISTYN KUSEK LEWIS HAS WRITTEN FOUR NOVELS, INCLUDING PERFECT HAPPINESS. SHE IS REAL SIMPLE'S CONTRIBUTING BOOKS EDITOR.



that targets a key source of inflammation that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 and up.

- ► Fast itch relief\*
- Clearer skin that lasts\*
- ► Not an immunosuppressant
- Not a cream or steroid

\*In a clinical trial at week 16, 59% of adults taking DUPIXENT + topical corticosteroids (TCS) had significantly less itch vs 20% on TCS only; 39% saw clear or almost clear skin vs 12% on TCS only. 36% saw clear or almost clear skin at week 52 vs 13% on TCS only.



#### TALK TO YOUR ECZEMA SPECIALIST AND GO TO DUPIXENT.COM TO FIND OUT MORE

#### **INDICATION**

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderateto-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies Especially tell your healthcare provider if you advice about side effects. You are encouraged used on the skin (topical), or who cannot are taking oral, topical or inhaled corticosteroid to report negative side effects of prescription use topical therapies. DUPIXENT can be medicines or if you have atopic dermatitis and drugs to the FDA. Visit www.fda.gov/medwatch, used with or without topical corticosteroids asthma and use an asthma medicine. **Do not** or call 1-800-FDA-1088. It is not known if DUPIXENT is safe and change or stop your corticosteroid medicine or Use DUPIXENT exactly as prescribed. effective in children with atopic dermatitis under other asthma medicine without talking to your Your healthcare provider will tell you how much 6 years of age.

#### **IMPORTANT SAFETY INFORMATION**

**Do not use** if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 The most common side effects in patients passes into your breast milk.

medicines you take, including prescription side effect that bothers you or that does not go and over-the-counter medicines, vitamins and away. These are not all the possible side effects herbal supplements.

healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

#### **DUPIXENT** can cause serious side effects, including:

of the following symptoms: breathing problems, 12 years of age and older, it is recommended itching, fainting, dizziness, feeling lightheaded 12 years of age, DUPIXENT should be given (low blood pressure), joint pain, or skin rash.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

or go to https://mothertobaby.org/ongoing- with atopic dermatitis include injection site © 2021 Sanofi and Regeneron study/dupixent/; are breastfeeding or plan to reactions, eye and eyelid inflammation, including **Pharmaceuticals, Inc.** breastfeed. It is not known whether DUPIXENT redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider about all the Tell your healthcare provider if you have any of DUPIXENT. Call your doctor for medical

HELP

DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver Allergic reactions (hypersensitivity), including should receive training on the right way to a severe reaction known as anaphylaxis. Stop prepare and inject DUPIXENT. Do not try to inject using DUPIXENT and tell your healthcare provider DUPIXENT until you have been shown the right or get emergency help right away if you get any way by your healthcare provider. In children fever, general ill feeling, swollen lymph nodes, that DUPIXENT be administered by or under swelling of the face, mouth and tongue, hives, supervision of an adult. In children younger than by a caregiver.

Please see Brief Summary on next page.

SANOFI GENZYME 🧳 REGENERON

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YOU MAY BE ELIGIBLE FOR AS LITTLE AS A \$0 COPAY. CALL 1-844-DUPIXENT (1-844-387-4936)

# Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only (DU-pix'-ent)

#### injection, for subcutaneous use

#### What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
- to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

#### Who should not use DUPIXENT?

**Do not use DUPIXENT** if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

#### What should I tell my healthcare provider before using DUPIXENT? Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
- Pregnancy Exposure Registry. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to https://mothertobaby.org/ongoing-study/dupixent/.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

#### **Especially tell your healthcare provider if you:**

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

**Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

#### **How should I use DUPIXENT?**

- See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

- If your dose schedule is every other week and you miss a dose of **DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- If your dose schedule is every 4 weeks and you miss a dose of **DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT.
   Use the other prescribed medicines exactly as your healthcare provider tells you to.

# What are the possible side effects of DUPIXENT? DUPIXENT can cause serious side effects, including:

- Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT in patients with atopic dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

#### General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

#### What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

**Inactive ingredients:** L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591 U.S. License # 1760; Marketed by sanofi-aventis U.S. LLC, (Bridgewater, NJ 08807) and Regeneron Pharmaceuticals, Inc. (Tarrytown, NY 10591) DUPIXENT® is a registered trademark of Sanofi Biotechnology / ©2021 Regeneron Pharmaceuticals, Inc. / sanofi-aventis U.S. LLC. All rights reserved. Issue Date: January 2021

GUIDES



Let a 1½-quart carton thaw for five minutes on the counter, then snip down the sides with kitchen shears. Using a sharp knife, cut the cylinder of frosty goodness in half from top to bottom and slice into half-moon slabs. Grab a spatula for easy serving. Your elbow will thank you—even if the clamoring throng of kids won't. -Martha Upton

Photograph by Caitlin Bensel

JULY 2021 REAL SIMPLE





#### **BEST MOUSSE**

#### **Camille Rose Spiked Honey Mousse 4-in-1 Styler**

Mousse has settled down and softened up since its skyhigh heyday of the 1980s. This frizz-fighting foam is infused with hydrating honey (don't worry—no stickiness) and nourishing nettle to boost shine and define curls. Apply to wet hair for spirals that look conditioned, not crunchy. TO BUY: \$14; target.com.



#### **BEST WASH**

#### **Gold Series from Pantene Deep Hydrating Co-Wash**

This cleansing cream offers moisture and manageability without stripping. Use in place of shampoo and conditioner. TO BUY: \$10; cvs.com.



#### **BEST TOOL**

#### **Pattern Beauty Edge Tool**

This little guy takes your edges from loose to laid. Smooth with the brush, shape with the comb, then flip it over to part. **TO BUY:** \$12; patternbeauty.com.



#### **BEST GEL**

#### **Dove Define N' Moisture Styling Gel**

Slick down an updo or edges with this lightweight formula. Flaxseed oil helps tame fuzz while adding moisture. **TO BUY:** \$7; target.com.



#### **BEST CREAM**

#### **Cantu Acai Berry Revitalizing Curling Cream**

Acai berry, shea butter, and safflower oil restore your natural wavy, curly, or coily hair pattern. TO BUY: \$6; walmart.com.



#### **BEST DETANGLER**

#### **Dark & Lovely Detangling Cream**

Wave hello to softer strands: Apply when taking down your style or after washing to nix knots. The peppermint oil soothes your scalp, and avocado oil melts away product buildup. **TO BUY:** \$7; cvs.com.

#### THINGS COOKS KNOW

#### **Patty Pointers**

These pro tips will help you take burgers from pretty good to flippin' great.

BY JENNA HELWIG



#### **Before Cooking**

#### **CHOOSE THE RIGHT GRIND**

A delicious beef burger has the right ratio of fat to lean meat, so look for ground beef that's 80 to 85 percent lean. "It's a balancing act," says Jocelyn Guest, a whole-animal butcher and co-owner of Butcher Girls, a meat subscription service. If the beef is too lean, you'll end up with a dry burger. Too fatty, and your burger is likely to get overcooked, since the fattier the grind, the more the temperature rises after cooking. You can also use lamb or pork, which tend to have more fat than beef does (and there's usually only one ratio option for lamb or pork).

#### BIRD TO BURGER

For turkey burgers, opt for a grind that includes dark meat and is no leaner than 90 percent, says Jasmine Norton, executive chef and owner of the Urban Burger Bar in Baltimore. Poultry needs to be cooked all the way through for food safety, so an all-white turkey or chicken burger will probably be tough and dry. Since poultry is less flavorful than beef, "even if you start with dark meat, add an egg and a tablespoon of Worcestershire sauce for tenderness and savoriness," says Kate McMillan, author of *Burger Night*.

#### SHAPE AND SEASON IT

You're in charge here, but a standard patty is four to five ounces. That means you'll get three to four burgers per pound of meat. "Start by dividing the meat into the number of burgers you're making so they're all the same size, which will help with even cooking," McMillan says. "Form the patties, then use your thumb to create a dimple in the middle of each patty so it won't balloon during cooking." Don't overwork the patty as you shape it, or it may become tough.

Once the patties are formed, you can refrigerate them for a few hours until you're ready to cook. Season them just before cooking with generous amounts of kosher salt and freshly ground black pepper on both sides.





#### Cooking

#### ON THE GRILL

Let the grill preheat fully before adding the patties. "If it's only warm, the burger will stick and fall apart when you try to flip it," Guest says. "You'll also wind up with a steamed burger instead of a crunchy exterior." Just before removing the burgers from the grill, Norton likes to finish them off with a pat of butter: "It adds moisture while also making the edges slightly crispy."

#### ON THE STOVE

McMillan prefers a cast-iron skillet for cooking burgers indoors. "It gets really hot and stays hot, which creates the perfect sear for a nicely caramelized outside and a juicy inside." Heat the pan over medium-high and grease it with a thin slick of neutral oil, like canola or grapeseed. "Better yet," McMillan says, "cook some bacon, remove it, and cook the burger in the drippings. Then top your burger with the bacon!"

#### **TURNING TIME**

Whether you're using the grill or a pan, McMillan advises flipping only once, since more than that could result in an unevenly cooked burger. Unless you're making a smashed burger (see below), never flatten the patty as it's cooking. That will release precious juices and dry out the burger.

#### **SPEAKING OF SMASHED BURGERS...**

These thin and crispy—yet still lusciously juicy—burgers are having a well-deserved moment, thanks to a few popular burger chains. Here's how to make them at home: For each burger, form three to four ounces of ground meat into the shape of a hockey puck, about two inches thick. Heat a griddle or skillet over medium-high, lightly grease it, and when it's screaming hot, add the meat. Immediately and firmly smash each puck with a sturdy spatula until it's about half an inch thick. Season the top and cook until the bottom is brown and crisp. Since these burgers are so thin, they should be ready to flip in under two minutes.

#### TAKE A REST

Just like steaks, burgers should rest after cooking, Guest notes. (Don't worry—they won't get cold.) "Place them on a rack over a baking sheet. Cover loosely with foil and let them sit for 10 minutes," she says. "The juices from the meat will reabsorb, ensuring your burger isn't dry." The rack is key: If a burger rests on a plate, the juices will drip down the patty and pool onto the plate, and the burger could get soggy sitting in its own juices.

#### **Topping and Serving**

#### **GOOD BUNS**

A thin, crispy burger calls for the softness of a potato bun, while a thick, juicy burger wants the sturdier crumb of brioche. "It's like a marriage," Norton says. "The burger and the bun need to complement each other." English muffins are another good option. No matter what type of bun you choose, toast it first to help it hold its shape.

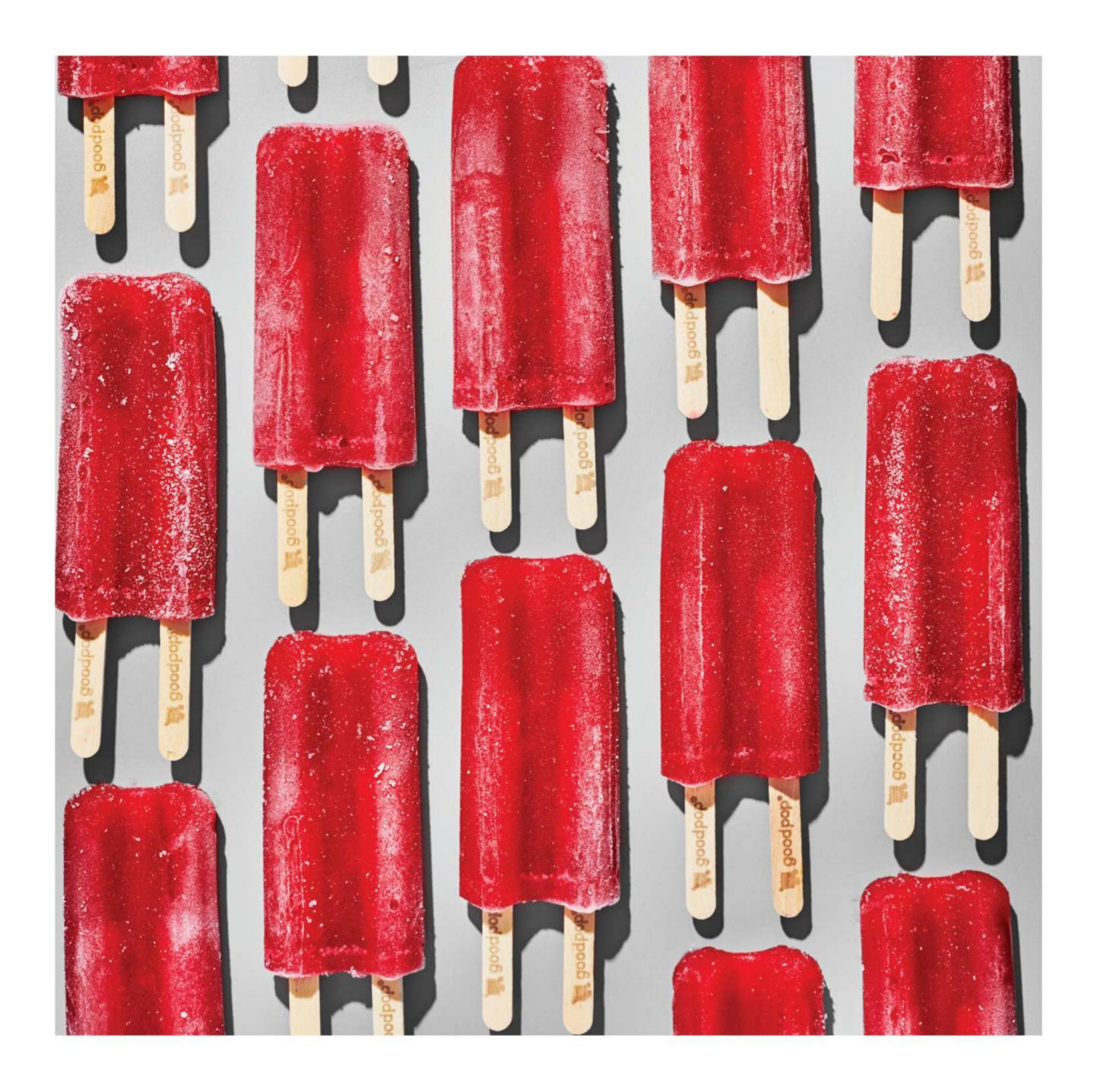
#### **SPREAD SOME LOVE**

Slather both the top and bottom bun halves with ketchup, mustard, special sauce—whatever spread you're using. McMillan likes to mix up a flavored mayonnaise to top a burger. Don't be afraid to try out something new, Norton suggests: "A dollop of maple syrup on the patty gives a burger an irresistible sweet-savory flavor."





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THAT GRAZE ON THE LUSH PASTURES OF IRELAND.



**HEALTHY AT HOME** 

#### **BITE CLUB**

Dietitians reveal what they keep in their freezers, fridges, and pantries for smart snacking.

BY MARNIE SCHWARTZ

#### **SUMMER IS HIGH SNACKING**

season. The days can seem less structured, yet somehow busier. The kids are home (or, um, still home) and always hungry. Turning on the stove or oven holds all the appeal of stepping into a sauna. Plus, appetites often ebb in the heat, making three square meals less enticing. No wonder it's tempting to just graze the day away.

Snacking more isn't necessarily bad, but your snacks need to work harder for you, says Samantha Cassetty, RDN, a dietitian in New York City. When snacks are a significant portion of your daily diet, it's important that most of them provide actual nutrition, though it's OK for some to veer into treat territory. Cassetty's general rule: At least one of your daily noshes should have a fruit or vegetable and a source of fat or protein. That combo will keep you full and fueled up. Fortunately, fresh produce is abundant in summer. So start there, then line your shelves with these delicious storebought and simple DIY options.

When buying snacks, look for ones with minimal ingredients and little added sugar.

#### STOCK YOUR FREEZER

An ice-cold treat hits the spot on a sweltering day. Frozen fruit, like cherries and grapes, is super refreshing, as are homemade smoothie pops. Or pick up one of these individually portioned, healthyish treats from the freezer aisle.



#### **Yasso Poppables**

From the maker of beloved frozen yogurt pops, these are bite-size balls of creamy frozen Greek yogurt (vanilla bean, mint, sea salt caramel, or coffee) wrapped in a chocolaty quinoa-crunch coating. **TO BUY:** \$6.50 for 6: yasso.com for stores.

#### **DIY: Frozen Banana Bites**

Peel and slice a banana. Place slices on a baking sheet lined with parchment paper and sprinkle with cinnamon, cocoa powder, cardamom, or a mix. Freeze, then transfer to a storage container. Pull out a few chunks when you want a bite of something creamy and sweet, Cassetty says. If you're feeling extra fancy, put a handful in a bowl and drizzle with tahini.



#### **GoodPop Twin Pops**

With two sticks, just like the iconic treats of your childhood summers, these organic, 100 percent fruit juice pops with no added sugar are shareable. But you'll probably want to eat both halves yourself. Our flavor faves include sweet cherry (pictured opposite) and Valencia orange. **TO BUY:** \$5 for 4; goodpops.com for stores.

#### **DIY: Chilly Chocolate-Coconut Energy Balls**

Tamar Samuels, RDN, recommends these easy treats: Mix together 1 cup unsweetened peanut butter, 1/4 cup each honey, coconut flour, and protein powder (Samuels uses collagen peptides), and 3 tablespoons dark chocolate chips. Form into balls and freeze. Defrost for 5 minutes and enjoy.

#### **HOW TO PACK** A COOLER

Perishables shouldn't be unrefrigerated for more than two hours—or one hour if the temperature is above 90 degrees. Keep food safe and cool with these tips.

#### **DOUBLE UP**

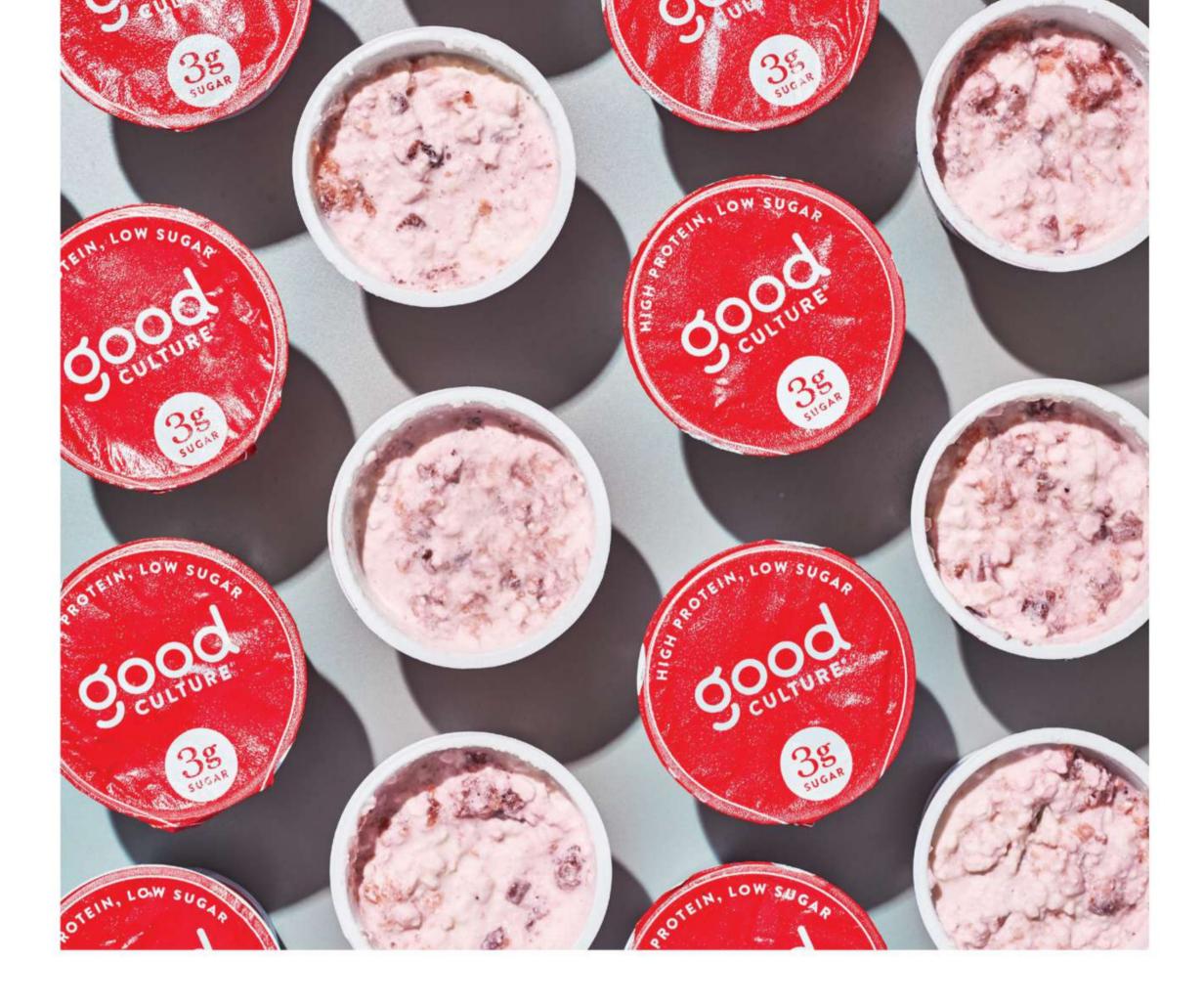
Every time you open your cooler to get a drink, coldness escapes. Since there's less of a foodsafety concern with most beverages, Cassetty suggests packing your food and drinks separately.

#### **GO BIG ON ICE PACKS**

Use larger ones to line the bottom and walls of your cooler. After you've added the food, stick little flexible ice packs wherever they fit, wrapping them around items that are especially perishable, Samuels says. Then fill a large zip-top bag with ice and put that on top.

#### STASH IT IN THE SHADE

Even with ice packs, direct sun can heat up a cooler quickly, says Frances Largeman-Roth, RDN. Park your cooler in a shady spot, like under a tree or in your beach tent.



#### STOCK YOUR FRIDGE

Snacks with protein and fiber will keep hunger at bay between meals, as well as optimize your blood sugar, says Samuels, who cofounded the nutrition coaching firm Culina Health. Pair these picks with fruit or snackable veggies, like baby carrots, sugar snap peas, and mini bell peppers.



#### **Hope Cashew & Almond Dips**

Swap out your usual dip for a nut-based blend in flavors like spinachartichoke, French onion, and avocado ranch. Add crunchy veggies for a well-rounded snack. **TO BUY:** \$6 for 8 oz.; hopefoods.com for stores.



#### **Good Culture 3g Cottage Cheese**

These cute cups come in pineapple, raspberry, strawberry (pictured above), and peach, among other flavors. They boast gut-healthy probiotics and 15 grams of protein. Plus, there's no added sugar—they're sweetened with stevia. **TO BUY:** \$1.90 for 5 oz.; good culture.com for stores.



#### Kite Hill Blissful Unsweetened **Coconut Milk Yogurt**

Ultra-rich and super creamy, this dairy-free yogurt has only one gram of sugar per serving. Dress it up with fruit or nuts, or just spoon it au naturel. **TO BUY:** \$6 for 16 oz.; kite-hill.com for stores.

#### **Watermelon Salad** Hydrating and sweet, watermelon is the epitome of smart summer snacking. **Cassetty suggests** adding 1 to 2 tablespoons chopped walnuts and 1 tablespoon crumbled feta to 1 cup cubed melon. The healthy fat and hit of protein will help you stay satiated.

DIY:

#### **STOCK YOUR PANTRY**

Shelf-stable foods are ideal to keep around the house, of course, but they're also lifesavers on the go, says Largeman-Roth, the author of Smoothies & Juices and a mom of three. She keeps a snack bag in her car all summer to fuel adventures at the playground and beach. At the store, look for whole-food ingredients and minimal amounts of added sugar, she says. If snacks contain grains, they should be predominantly whole ones, like oats, brown rice, or quinoa.



#### **Artisan Tropic Plantain Strips**

Largeman-Roth loves to eat these "summery and delightful" chips with guacamole. They've got a satisfying crunch, unique flavor, and short ingredient list. **TO BUY:** \$4.30 for 4.5 oz.; artisantropic .com for stores.



#### **Bada Bean Bada Boom Snacking Beans**

Crunchy and full of flavor, as well as protein and fiber, these dried fava beans (pictured below) are as irresistible as potato chips. Try the Nacho Cheeze or Everything Bagel varieties. **TO BUY:** \$4 for 4.5 oz.; badabeansnacks.com for stores.



#### **Diamond of California Snack Walnuts**

Walnuts are a source of good-for-you omega-3 fats, protein, fiber, and antioxidants. These snackable versions come in flavors like hot honey, teriyaki and wasabi, chile lime, and salted dark chocolate. **TO BUY:** \$4 for 4 oz.; diamondnuts.com for stores.



#### **Simple Mills Organic Seed Flour Crackers**

A tasty gluten-free option, these crackers have no added sugar and come in original, garlic and herb, and everything varieties. Just add some cheese or nut butter. **TO BUY:** \$5 for 4.25 oz.; simplemills.com for stores.

**DIY: Popcorn Trail Mix** Whether you're on a hike or enjoying an outdoor movie night, this trail mix from Largeman-Roth will satisfy sweet, salty, and crunchy cravings. Mix a bag of popped microwave popcorn (or about 7 cups air-popped popcorn) with ½ cup each raisins, almonds, and M&M's.



# Refreshing Ways to Entertain

Summer calls for gathering outdoors with loved ones, refreshing recipes, and bright, colorful décor. Use these simple tips and a go-to ingredient—the Cosmic Crisp® apple—to entertain this month and beyond.

cool down with a delicious spritzer
— its fruity base and touch of honey will make it a sweet staple all summer long.

#### **MAKES 3 SPRITZERS**

- 4-5 ripe strawberries, sliced
- 1 tsp. honey
- ½ cup grapefruit juice
- 1 12-ounce can
  2 Towns
  Ciderhouse
  Cosmic Crisp®
  Imperial Cider
- 1/2 of one Cosmic Crisp® apple, cut into thin slices

PLACE strawberries and honey into a cocktail shaker. Add grapefruit juice.

FILL container with ice. Shake until well chilled.

three stemless wine glasses.

**POUR** 1/3 of the can of cider into each glass.

**GARNISH** the spritzers evenly with the Cosmic Crisp® slices.





#### **GET CREATIVE**

to set a beautiful tablescape that feels fresh and inviting. Use simple products to create classic décor like a DIY apple wreath, charcuterie board paper, and centerpieces with Cosmic Crisp® apples—no design skills needed!



#### SERVE A CROWD-PLEASING RECIPE

that's delicious and social media-worthy. Guests will gather around this tasty focaccia bread all day long—but not before snapping photos to share with friends.





#### 2021 REAL SIMPLE HOME PREVIEW

#### A Cool and Comfortable Cooking Space

When you're wining, dining, or just unwinding, your kitchen should support you through it all.

#### **OUR METHOD**

We paired an editor
"client" with each
REAL SIMPLE Home
designer to help determine the goals and
challenges within the
space. Here's what
Delia and features
director Amy came up
with for the kitchen.



**Delia Kenza**INTERIOR DESIGNER

Delia's designs feel unique and inviting, thanks to her talent for creating spaces that are practical but also thoroughly modern.



Amy Maclin
FEATURES DIRECTOR
AT REAL SIMPLE

Amy and her husband (and their two cats) are used to cramped New York City apartments but crave space and light.





glance can cover stainless-steel

appliances with smudges. That's

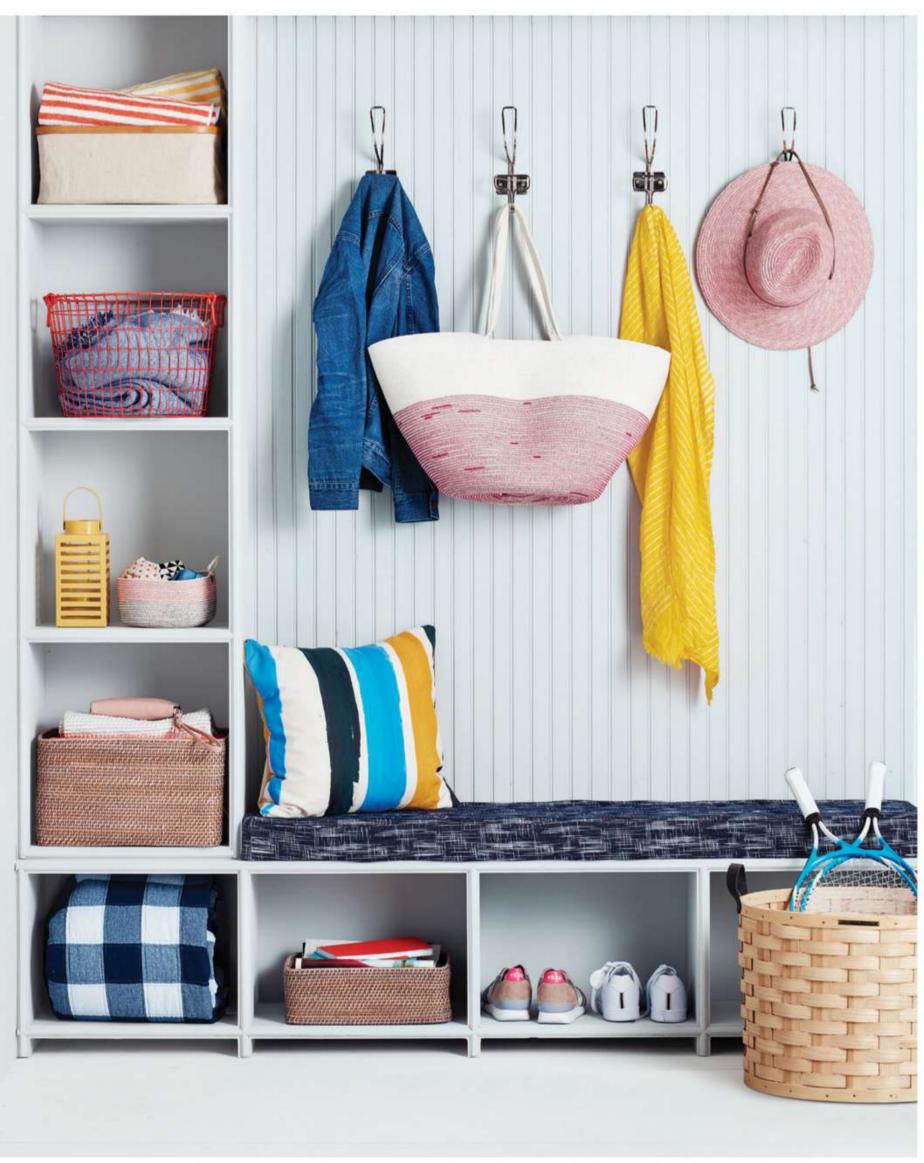
why Delia recommends a refrigerator in a nontraditional finish,

like graphite or black.

#### REIMAGINE

# The Mudroom as Adventure HQ

The mudroom is where families get outfitted for all of life's events and outings, whether that means putting on raincoats or grabbing toys for a playdate. See how you can reimagine this space with help from the captains of fun, your kiddos, and keep it pest-free with Raid Essentials™.



#### **Organize With Baskets**

Set one out for each member of the family. You can even let the kids decorate personalized name tags using crayons and stickers.



Store sunscreen, goggles, and towels for summer days at the pool or beach. Swap in hats and mittens during cold-weather months.



#### **Utilize Wall Space**

Hang jump ropes, hula hoops, and bicycle helmets on grab-and-go hooks to make outdoor play even easier.



#### **Beat the Bugs**

Use plant-based Raid Essentials<sup>™</sup> to safely\* protect your family and everything in the mudroom from ants and roaches.



SCAN THE CODE TO LEARN MORE ABOUT KEEPING YOUR HOME CRITTER-FREE WITH HELP FROM RAID ESSENTIALS™.





#### MONEY

# Spend Your Cash with a Conscience

Online shopping is so convenient—but at what price to the workers?

Here's how to add ethics to your order.

BY JULIE VADNAL

#### My family orders groceries a few times a week. How can we support the delivery people?

Order through Dumpling. On that platform, delivery people set their own rates and keep 100 percent of their tips. You can also hire the same people again, unlike with Instacart and other delivery services. "You get personalized service, pay in-store prices, can order from any store, and help your shopper sustain and grow their business," says cofounder and co-CEO Joel Shapiro. If you're ordering groceries for curbside pickup, give a couple of dollars to the person who brings the bags to your car.

#### What about restaurant delivery?

When it comes to takeout, apps like Uber Eats, Postmates, Seamless, and Grubhub may charge restaurants fees of up to 30 percent on each order, which means your beloved dining spots would make significantly more if you ordered through them directly. So pick up the phone or visit their website—and tip your delivery person in cash to ensure your money goes right into their pocket. Alternatively, choose apps that do better, like ChowNow (free; iOS and Android), which doesn't take a commission.



## I want my investments to support causes I care about. How do I check on that?

No matter how you invest your money, you have options to support companies that are environmentally friendly, hire women, and give back to their communities.

When seeking out investments, look for terms like "social" and "ESG" (environmental, social, and governance), which typically indicate ethical funds, says Victoria Sechrist, chief economist at the Financial Gym, a financial planning service. You can also search for a fund at fossilfreefunds.org to make sure it doesn't invest in fossil fuels. Or review the MSCI KLD 400 Social Index, a list of companies that fit socially responsible criteria (tobacco and nuclear power companies, for example, are excluded from the list).

If you're investing through a roboadviser, like Acorns or Stash, it can be hard to know exactly where your dollars are going. To help, NerdWallet has graded robo-investing apps in terms of social responsibility: Ellevest, Betterment, Stash, Axos Invest, and E-Trade top the list. Some of these options, like Ellevest, even have socially responsible mutual funds to choose from.

The best news? In 2020, socially responsible investing outperformed traditional mutual funds, according to research by Morningstar Direct. So you can feel good *and* grow your money.

#### How can I be better about shopping locally?

The first step is to consider curbing your Amazon habit. Keep in mind that founder Jeff Bezos's net worth reportedly grew by \$73 billion in 2020 alone (from \$115 billion to \$188 billion). We get it: There's nothing easier—and less expensive—than ordering a blender, set of water balloons, and replacement vacuum filter from one spot. But often the most community-friendly shopping choice is the one closest to home.

The pandemic has only increased the strain on small businesses. Last year, nearly a quarter of smallbusiness owners surveyed stopped paying themselves a salary in order to stay open. Thankfully, plenty of resources exist to help you find stores close by. You can always check your chamber of commerce, suggests Walter Frye, vice president of global brand engagement at American Express, which created Small Business Saturday (this year, it's November 27). Or check out the Shop Small Map at american express.com to find places via your zip code. You can also visit independentwestand.org for a database of businesses searchable by location. And Facebook Marketplace can sometimes be the most localand environmentally friendly—way to support your community. ■



**LOVE** them like family. **TREAT** them like family.™



**PETS** 

#### In Case of Emergency

Three of the most common pet first-aid scenarios and expert advice on how to handle them

BY JUNO DEMELO

#### Your Pet Ate Something He Shouldn't Have

If the "something" might be toxic—such as onions, grapes, chocolate, or a poisonous plant—call your vet. If it's after hours and you don't have access to a vet emergency room, call the ASPCA's 24-hour **Animal Poison Control** Center at 888-426-4435 (there's a \$75 fee). Be prepared to share your pet's weight and how much you believe he ate. If your pet simply ate human food, indulged in a kibble buffet, or has diarrhea, your vet may advise watching and waiting, withholding food, or offering a bland diet.

#### Your Pet Got a Bee Sting or Tick Bite

Summer is bee and tick season. For bee stings, remove the stinger by scraping it with a credit card rather than attempting to pull it out, as that can release more venom. Watch for signs of an allergic reaction, like vomiting and trouble breathing. If it's a tick, grasp it with tweezers as close to your pet's skin as you can, then slowly pull it straight out to avoid leaving behind mouthparts, which can cause infection. Call your vet if you notice fatigue, loss of appetite, or irritation near the bite.

#### Your Pet Is Overheating

As soon as you notice that your pet has a dry nose or a deep red or purple tongue, is lethargic, or is panting or drooling excessively, get her into air-conditioning. If you're outdoors, pour lukewarm water over her abdomen and back and between her hind legs and feet. (Ice-cold H<sub>2</sub>O can constrict blood vessels, making it harder to regulate body temperature.) Give her a small amount of water to drink or let her lick an ice cube. If symptoms worsen or don't improve within a few minutes, get her to the vet ASAP.

#### **OUR EXPERTS**

GRAY BARNETT, DVM, VETERINARY RESEARCH FELLOW AT THE DOG AGING PROJECT
AZIZA GLASS, DVM, EXPERT VETERINARIAN WITH FRESHPET
DAVID WOHLSTADTER, DVM, SENIOR CLINICIAN AT BLUEPEARL PET HOSPITAL IN NEW YORK CITY

# Our Promise to Blue Is Our Promise to You



#### ROOM Rx

#### **Decks That Do It All**

Your summer plans: rest, garden, hang out with friends.
Your outdoor space can be the spot for everything, thanks to tips
from designer CLARA JUNG of Banner Day Interiors.

BY STEPHANIE SISCO





#### 1

#### **THROW SHADE**

Make sure heat and glaring light don't inhibit you from spending time outside. If you need more sun protection than your umbrella can offer, install a shade sail. Anchor it to the house or trees.

TO BUY: Triangle Shade Sail, \$40; wayfair.com.

#### 2

#### BEST SEAT (NOT) IN THE HOUSE

Avoid metal furniture, which tends to get scorching in direct sunlight and can rust in wet weather. Try teak instead—it ages well and is extremely durable.

TO BUY: Teaka Lounge Chair, \$399; article.com.

#### 3

#### **STOW AWAY**

Even if the fabric of your outdoor cushions can stand up to the elements, the interior foam may sop up rain and make for a soggy perch. Keep cushions dry in a weathertight storage bench when not in use.

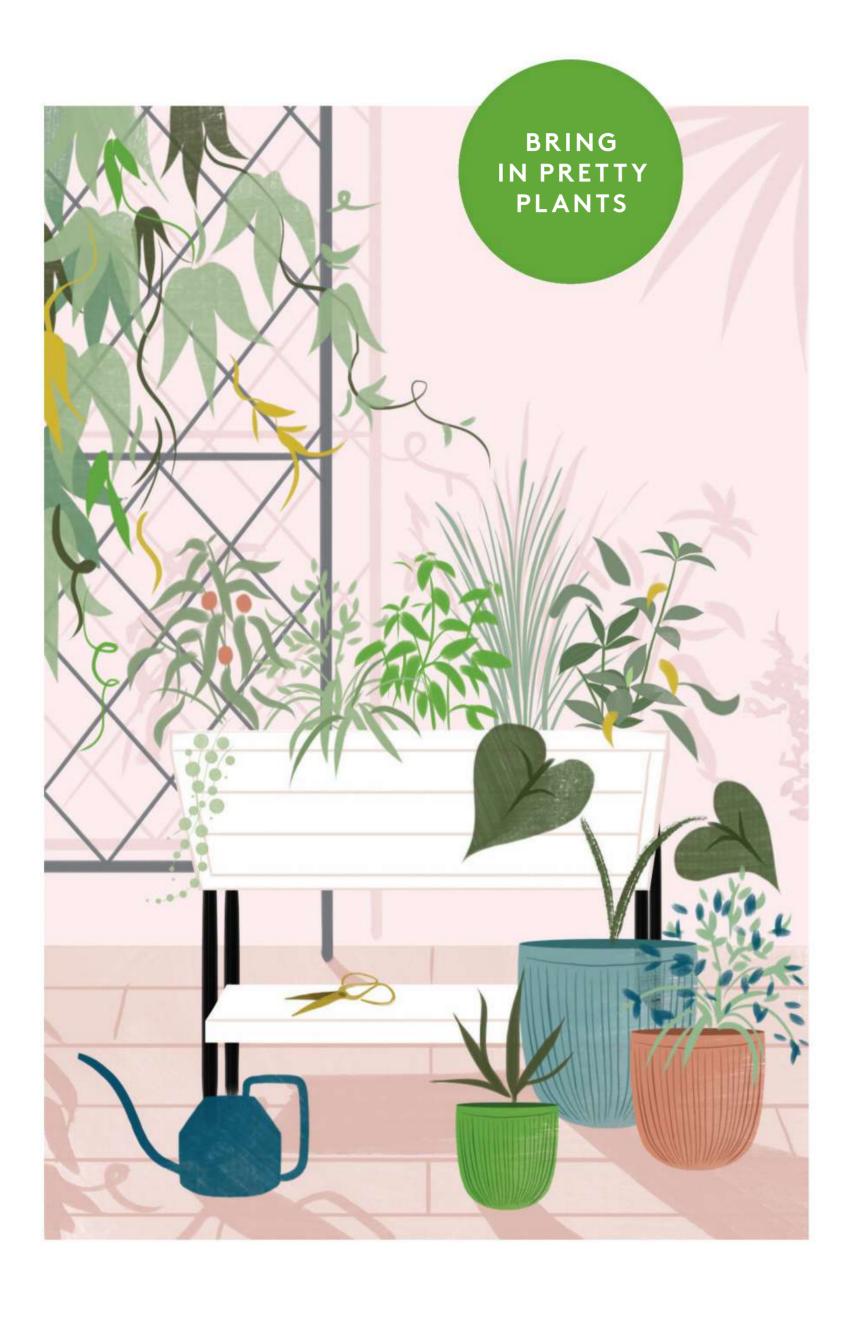
TO BUY: Yancy 150 Gallon Resin Deck Box, \$211; wayfair.com.

#### 4

#### **FEEL THE GLOW**

If you don't have outdoor outlets, use rechargeable lanterns. Jung especially likes this one because it can display your choice of 16 colors.

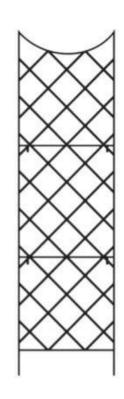
TO BUY: Glow Nomad Portable LED Lantern, \$90; allsopgarden.com.





#### **EASY DIY**

A quick coat of paint will rejuvenate old terra-cotta pots or customize new ones. Use an exterior formula, like Valspar's Duramax Exterior Paint & Primer (from \$40 per gallon; valspar.com for info).



#### **GROW UP**

When you want extra privacy, install a freestanding trellis to hold flowers and greenery. It can also add visual interest to a large expanse of siding. TO BUY: Panacea Giant Garden Trellis, \$100 (9 ft.); gardeners.com.



#### **PLANTER TO TABLE**

Raised beds are perfect for growing greens and herbs. Jung recommends the Sun Seeker app to see how the sun tracks through your space. Then position the planter accordingly. TO BUY: Urban Bloomer Raised Garden Bed, \$80; homedepot.com.



#### **PLANT SOME PRIVACY**

Cluster plants of various heights around your deck to make every corner feel lush and layered. Incorporate palms or tall grasses for added privacy. **TO BUY:** Fiber Concrete Barrel Pot, \$88 (medium); shopterrain.com.





#### STASH SUPPLIES NEARBY















1

#### **MAKE A PREP STATION**

Keep two ice buckets: one to hold beverages and the other to stash meats and veggies until you're ready to cook them.

Set up a folding table as a workstation; a metal option is great for easy wiping. **TO BUY:** Top Shelf Stainless Steel Double-Wall Cocktail Party Tub, \$100; bedbathandbeyond.com.



#### ARRANGE STRATEGICALLY

Put your grill in an area that's accessible to the kitchen but not so close that smoke wafts inside. For safety's sake, place it at least 10 feet from the house and away from any overhangs. **TO BUY:** Original Kettle Charcoal Grill, from \$99; weber.com.

#### 3

#### LIGHTEN UP

Café lights create the ideal ambience over an outdoor dining area. Near the grill, a sconce with diffused downward lighting helps you see when your corn on the cob gets just the right char.

TO BUY: 20-Count Solar Drop String Lights, \$65 for 2 sets; crateandbarrel.com.

#### 4

#### **COME CLEAN**

Your barbecue should sit on a level surface. Slip a drip tray beneath it to protect the decking and simplify cleanup. **TO BUY:** Nexgrill Rolling Grill Mat, \$20; homedepot.com.



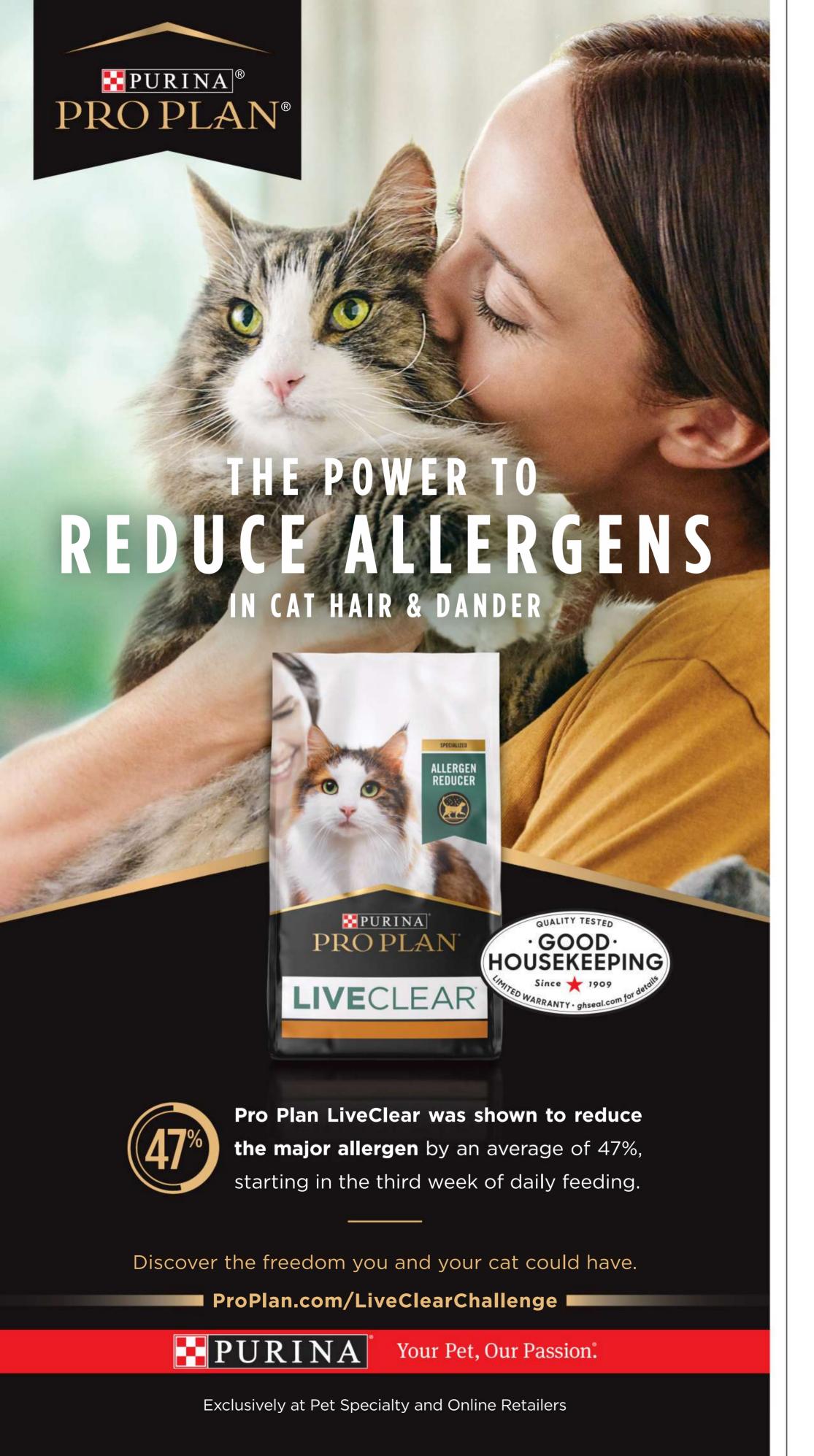
#### 10-MINUTE ORGANIZER

#### PET SUPPLIES

Fur babies come with a lot of stuff, and if all those items aren't corralled, your home can look like, well, the dog's dinner.

An expert shares secrets to bring it to heel.

BY JENNY COMITA



PET MESSES aren't always the bleachable moments that leave stains on the carpet. To avoid tangled piles of leashes, rawhides frosted with under-thesofa dust, and cat food crawling with (eek!) bugs, learn from organizer Shauna Yule Brasseur of Lovely Life Home in Hingham, Massachusetts. The owner of a dog and a cat, she filled us in on how to keep pet gear neatly tucked away.

#### PARE IT DOWN

The first step in any organizing project is a good purge. "Pet owners often hold on to toys their pet no longer plays with, multiple leashes—you really only need two—outgrown collars, and even old food," Yule Brasseur says. See if your local animal shelter takes donations. Box up the usable stuff to drop off, then toss the rest.

#### UNPACK IT

"Opened bags of dry food can draw mice and other vermin," Yule Brasseur warns. To keep creepy-crawlies-and a messout of your pantry, decant vittles into a sealable bin. Yule Brasseur recommends one with transparent sides, so you know when you're running low, and wheels, so you can scoot it in and out with ease. It should also be the right capacity for the amount of food you usually buy and have a flat lid. That way, you can store Fluffy's bowl right on top when she isn't eating. As for wet food, stack cans in a cabinet or closet close to wherever you feed your pet. Take them out of the cardboard tray, or at least remove the plastic wrap.

#### **KEEP IT TOGETHER**

Items that are used together should be stored together. Yule Brasseur puts all her dog-walking gear in a transparent back-ofthe-door organizer (the kind designed for shoes). Leashes are in one pocket; poop bags are in another. She also stashes sunscreen for herself there during summer. "If you have a certain jacket or hat you tend to wear on dog walks, keep that in the same spot too, to make it easy for yourself," she says. "This should ideally be in the closet closest to the door you exit through."

The same method applies to grooming gear. Yule Brasseur likes a portable shower caddy for storing shampoo, toothbrushes, and other bathtime necessities. "Also include whichever old towel you reserve for your pet so you don't have to go hunting through your linen closet," she says. "And again, put it close to wherever you bathe your pet."

#### KEEP IT PRETTY

Yule Brasseur is not a big fan of decorative baskets. "Opaque containers make it difficult to see what you have," she says. She does, however, allow an exception for the chew toys, stuffies, and other playthings that inevitably end up in your living space. "If you have a pretty basket for throw blankets near your sofa, find a similar one for the dog toys so you have somewhere to toss everything at the end of the day," she says. "Just make sure it's not too large, or it will become a dumping ground. Nobody wants a bottomless pit of squeaky toys." A basket system also works by the door, for towels you use to wipe muddy paws.



#### **GROOMING GEAR**

**TO BUY:** Caddy for 4-Gallon Rectangular Bucket, \$9; bedbathandbeyond.com.



#### SMALL SUPPLIES

**TO BUY:** 15 Pocket Over the Door Hanging Shoe Organizer, \$10; target.com.



#### FOOD

**TO BUY:** Iris Airtight
Pet Food Storage Container,
\$25; chewy.com.



#### TOYS

**TO BUY:** Sedona Grey Lidded Rectangular Tote, \$30; crateandbarrel.com.







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#### **ROAD TEST**

#### Fit to a Tee

A trusted T-shirt is essential year-round.

We washed, dried, and tried 37

options to find these six ultra-soft selects

that look just as nice as they feel.

BY FLAVIA NUNEZ



#### **BEST NONSHEER**

#### **American Giant Premium Slub V-Neck T**

Made entirely from heavyweight Supima cotton, this tee is built to last and offers top-notch coverage, so your bra won't show through. **TO BUY:** \$48; american-giant.com (turn to page 12 for a discount).



#### BEST SWEAT WICKING

#### J.Jill Fit Progress Pima-Stretch Shirttail Tee

A quick-drying, breathable top that's easy to dress up or down? We're in. **TO BUY:** \$49; jjill.com.



#### **BEST DRESSY**

#### prAna Pacific Drift Top

Swap your most basic black tee for this sustainable pick with a twist. The scoop neck and front knot elevate your look.

TO BUY: \$49; prana.com.



#### BEST SIZE INCLUSIVE

#### Yummie Slub Knit Cap Sleeve Tee

This roomy shirt, in sizes
XS through 2X, gets
noticeably softer and
cozier after every wash—
without pilling or
shrinking. **TO BUY:** \$38;
yummie.com.



#### **BEST V-NECK**

#### Splendid Eco V-Neck Tee

A dramatic neckline makes this supple shirt the perfect canvas for statement necklaces, and the relaxed fit keeps it comfortable. **TO BUY:** \$48; splendid.com.



#### **BEST CREW NECK**

#### Uniqlo Women U AIRism Cotton Oversized Crew Neck T-Shirt

Oversize and available in an array of candy colors, this everyday tee has a luxe feel and fit that belie its low price.

**то виу:** \$15; uniqlo.com.

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#### THE POWER OF LESS

#### **GREEN UP YOUR GROCERY RUN**

Load your cart with fresh foods to claim big wins for the environment. Yes, it really can be that simple.

BY LESLIE CORONA

**EATING MORE PLANTS** is one of the greenest things you can do—and fortunately, one of the easiest. But burger and steak lovers need not despair. Sustainable-minded shoppers can just think of this simple idea: Skipping one serving of beef a week for a year can theoretically reduce your carbon footprint as much as driving 348 fewer miles in a car.

# Joining a CSA program gives you access to a growing season's worth of local produce.

#### **Get to Less**

#### **BUY LOCAL**

Whenever possible, buy locally farmed or produced food. You'll minimize shipping, which saves greenhouse gas emissions, and help support your community's economy. Shop farmers markets: Seasonal produce is usually fresher, more flavorful, and more nutritious because it's just been picked. Plus, prices are often on par with what's in the grocery store. Also consider buying a share in a CSA (community-supported agriculture) program, which will get you a season's worth of local produce. If you're worried you won't be able to eat it all, ask if the CSA sells partial or customizable shares (to swap out unwanted items).

#### **CUT BACK ON MEAT AND DAIRY**

When it comes to greenhouse gas emissions, "ruminant animals, like cattle, sheep, and goats, are the worst offenders," says Sophie Egan, author of *How to Be a Conscious Eater*.

Livestock are responsible for about 14.5 percent of global emissions, with cattle representing 65 percent of that. Switching from beef and lamb to chicken or pork can help reduce your carbon footprint, as can consuming fewer dairy products, like cow's milk.

When you *do* buy meat, Egan recommends looking for a third-party certification such as Animal Welfare Approved, Certified Humane Raised & Handled, Animal Welfare Certified, or American Grassfed on the label. And reduce waste by using up every bit you can—make stock from the bones, for example.

#### **EAT MORE VEGGIES**

Upping your intake of produce, whether organic or conventionally farmed, is a big step toward a healthier, more sustainable lifestyle, says Alana Chernila, author of Eating from the Ground Up: Recipes for Simple, Perfect Vegetables.

Fresh foods can go bad quickly, so plan meals in advance, even if you just make a loose outline. And only buy ingredients you'll use. Each year, the average American family throws out more than \$1,800 worth of food, including produce.

#### **STORE IT RIGHT**

Keep food in quality containers so it stays fresh longer, and eat leftovers to cut back on waste. Don't overstuff your fridge either: Proper air circulation helps keep produce fresh. Stock your freezer with things you can't eat right away. You'd be surprised by what can handle frosty temps—guacamole, cooked rice, even wine! (Freeze wine in ice cube trays and use for cooking.) To feel even more virtuous, Chernila suggests learning how to use parts of the food you'd normally trash, like broccoli stems and beet and cauliflower leaves.

#### **READ THE FINE PRINT**

At the supermarket, look for signs that point out which fruits and veggies were grown nearby. When you can, limit items shipped by air, which contributes to greenhouse gas emissions. (Asparagus, berries, and green beans tend to be

among the jet set.) Read the tiny sticker on the fruit or veggie: The farther away the country of origin, the greater the travel-related emissions. If grocers notice less demand for far-flung fruits, they may stop ordering as many.

#### PASS ON THE PACKAGING

Prechopped fruits and veggies are convenient, but they are usually more expensive and have way more packaging. Try reusable produce bags, or toss loose ingredients (like apples, onions, and citrus) right into your cart. "If you do take those thin plastic baggies from the produce section, reuse them," Chernila says. If you can't buy fresh produce, then jarred, canned, or frozen is the next best option—and a better choice than piling more meat onto your family's meals.

#### IF YOU DO JUST ONE THING

Choose one day a week to eat meatless.

#### **EXTRA CREDIT**

Buy ugly fruit. It's a tomato, not a matinee idol! Misshapen fruits and vegetables are just as nutritious as their pristine counterparts, and buying them keeps (im)perfectly good food from going to waste.

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# LIVES



#### Make Your Social Feeds Friendlier

Many of us are clued into social media's delights (staying connected!) and dangers (doomscrolling!). Take control of what you take in with these fresh tactics.

BY SHARLENE BREAKEY



#### 1

#### Act like an anthropologist.

I approach my feeds the way I approach research—as if social media were just one book in the library, not the book. I open it, get what I need, then leave without lingering. Taking breaks also helps. If I stay off Twitter for a week, I'm more attuned to nuances and tone when I return, and that actually makes it less welcoming. It feels like a room full of screaming people. The distance lets me regard it with more curiosity, like I'm an anthropologist.

JENNY ODELL TEACHES AT STANFORD UNIVERSITY AND IS THE AUTHOR OF HOW TO DO NOTHING: RESISTING THE ATTENTION ECONOMY.

#### 2

#### Treat platforms like parties.

I think of social media as a party, where I make small talk with acquaintances and connect with close friends in a corner. Enjoy the crowd, but bond with your people. There's no limit to our number of likes, and it requires so little energy to let your friends know you see them. They're more likely to post if they feel appreciated when you cheer them publicly. I also send direct messages to go deeper. It takes a second to write a message of praise or support. These direct messages stick with us and leave us feeling closer to those who take the time to write them.

**SHASTA NELSON** IS THE AUTHOR OF FRIENTIMACY: HOW TO DEEPEN FRIENDSHIPS FOR LIFELONG HEALTH AND HAPPINESS.

I follow thought-provoking conversations that broaden my understanding and empathy.

#### 3

#### **Curate your content.**

When I'm using social media in a healthy way, it's because I've successfully limited what I see to content that falls into three buckets. Connection: It makes me feel closer to those who are far away. Discovery: It's beautiful, inspiring, or makes me feel good. Observation: It isn't soothing, but it enriches my life. On Instagram and Twitter, I try to follow thought-provoking conversations that broaden my understanding and empathy.

**ANNA SALE** IS THE AUTHOR OF *LET'S* TALK ABOUT HARD THINGS.

#### 4

#### Remember the golden rule.

As a biracial mom who's had a different experience from my white friends, I realized I needed to do more on my Instagram. I started initiating conversations and sharing resources about race and parenting. I created @guidedbythegoldenrule to continue the dialogue. I just have a few rules for myself: I talk in a way I'd want to be talked to and offer what I'd want to receive, I consider whether what I share or say will one day make my kids proud, and I post only what I can back up 100 percent.

RACHEL NANCE WADE IS A WRITER AND MARKETING PROFESSIONAL LIVING OUTSIDE NEW YORK CITY.

#### 5

#### Follow fewer accounts.

I'm trying to control what I consume and be more genuine about what I put out. I unfriended just about everyone, then built up my feed from scratch. I had a lot of explaining to do to confused friends, but that was OK! I also changed how I post. My work ranks our engagement on a board for all to see, so I always posted things that were guaranteed to get the most likes, such as selfies. Now that so few of us are in the studio, the board isn't operating, and that has freed me. I still need to feed the beast, but I've learned how much better it feels to post a random photo that's meaningful to me.

RENEE NELSON IS A MORNING NEWS ANCHOR AT FOX 10 IN PHOENIX.



**ACHE** 

**GRIT** 

**ITCH** 

**BURN** 

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**KEN JEONG VS. INFLAMMATION** 

# THE XIDRA EFFECT

The true story of how Ken Jeong got LASTING RELIEF from his dry eye symptoms.\*

\*With continuous twice-daily use.



Over-the-counter eye drops† typically work by lubricating your eyes and may provide temporary relief.

†Artificial tears

#### XIIDRA WORKS DIFFERENTLY,

targeting a source of inflammation that can cause dry eye disease.



## XIIDRA IS THE ONLY FDA-APPROVED NON-STEROID TREATMENT

specifically for the signs and symptoms of dry eye disease.

#### — TALK TO YOUR EYE DOCTOR ABOUT XIIDRA -

#### What is Xiidra?

Xiidra is a prescription eye drop used to treat the signs and symptoms of dry eye disease.

#### **Important Safety Information**

Do not use Xiidra if you are allergic to any of its ingredients. Seek medical care immediately if you get any symptoms of an allergic reaction.

The most common side effects of Xiidra include eye irritation, discomfort or blurred vision when the drops are applied to the eyes, and an unusual taste sensation.

To help avoid eye injury or contamination of the solution, do not touch the container tip to your eye or any surface. If you wear contact lenses, remove them before using Xiidra and wait for at least 15 minutes before placing them back in your eyes.

It is not known if Xiidra is safe and effective in children under 17 years of age.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit http://www.fda.gov/medwatch or call 1-800-FDA-1088.

For additional safety information about XIIDRA®, please refer to the brief summary of Full Prescribing Information on adjacent page.



#### PATIENT INFORMATION

**Brief Summary:** Read this information before you start using Xiidra and each time you get a refill. There may be new information. This information does not take the place of talking to your doctor about your medical condition or your treatment.

#### What is Xiidra?

Xiidra is a prescription eye drop solution used to treat the signs and symptoms of dry eye disease (DED). It is not known if Xiidra is safe and effective in children under 17 years of age.

#### Do not use Xiidra:

If you are allergic to lifitegrast or any of the other ingredients in Xiidra, see "What are the ingredients in Xiidra?"

#### What should I tell my doctor before using Xiidra?

Before you use Xiidra, tell your doctor if you:

- are using any other eye drops
- wear contact lenses
- are pregnant or plan to become pregnant. It is not known if Xiidra will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if Xiidra passes into your breast milk. Talk to your doctor about the best way to feed your baby if you use Xiidra.

#### How should I use Xiidra?

Talk to your doctor or pharmacist for additional instructions about the right way to use Xiidra. Use Xiidra exactly as your doctor tells you.

- To help avoid eye injury or contamination of the solution, do not touch the container tip to your eye or any surface.
- If you wear contact lenses, remove them before using Xiidra and wait for at least 15 minutes before placing them back in your eyes.
- Use 1 drop of Xiidra in each eye, 2 times each day, about 12 hours apart.
- Use Xiidra right away after opening. Throw away the single use container and any unused solution after you have applied the dose to both eyes. Do not save any unused Xiidra for later.

#### What are the possible side effects of Xiidra?

The most common side effects of Xiidra include eye irritation, discomfort, or blurred vision when the drops are applied to the eyes, and an unusual taste sensation (dysgeusia).

Seek medical care immediately if you get any symptoms of wheezing, difficulty breathing, or swollen tongue.

These are not all the possible side effects of Xiidra. Tell your doctor if you have any side effects that bother you. You may report side effects to the FDA at 1-800-FDA-1088.

#### How should I store Xiidra?

- Store Xiidra at room temperature between 68°F to 77°F (20°C to 25°C).
- Store Xiidra in the original foil pouch to protect it from light.
- Do not open the Xiidra foil pouch until you are ready to use the eye drops.
- Return unused single-use containers to their original foil pouch to protect from excessive light exposure.

Keep Xiidra and all medicines out of the reach of children.

#### General information about the safe and effective use of Xiidra.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. You can ask your pharmacist or doctor for information about Xiidra that is written for health professionals. Do not use Xiidra for a condition for which it was not prescribed. Do not give Xiidra to other people, even if they have the same symptoms you have. It may harm them.

#### What are the ingredients in Xiidra?

Active ingredient: lifitegrast

**Inactive ingredients:** sodium chloride, sodium phosphate dibasic anhydrous, sodium thiosulfate pentahydrate, and water for injection. Sodium hydroxide and/or hydrochloric acid (to adjust pH).

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**TEAM UP** to target inflammation.

# QUESTIONS TO ASK YOUR DOCTOR

01: Why are my eyes achy, gritty, and itchy?

**02:** Are over-the-counter eye drops\* giving me lasting relief?

**03**: Is there inflammation in my eyes?

**04:** How can I target inflammation?

**05**: How does Xiidra work differently?

**06:** Is Xiidra right for me?

Talk to an eye doctor about Xiidra today. Visit Xiidra.com for more information.

xiiclra\* (lifitegrast ophthalmic solution)5%

4/21

NOT TODAY, DRY EYE™

\*Artificial tears

Not an actual health care professional

#### Modern Manners Advice for Your Social Quandaries

BY CATHERINE NEWMAN



#### K.W. ASKS...

Whenever my boyfriend and I go out to eat, he talks to the people seated around us. When I've pointed this out, he says he's an extrovert who loves chatting with others, but I feel insulted. I believe that when you're with someone, you should give your full attention to that person. What are your thoughts?

If your boyfriend were writing to me about his own behavior, I'd remind him that nearby diners might prefer to eat in peace (though I did once wrench a baby from the arms of a young couple seated near me in a café). I might also suggest that he reserve the bulk of his attention for his dinner date. But he's not writing to me. So, given that extroversion is part of the package, do you want the package? Your boyfriend loves people, and his outgoingness might bring an energy to the relationship that you value and enjoy. Can you treasure this personality trait, or will you only resent it? If you are game to accept him on a fundamental level but still hanker for more attention, try mixing meals out with intimate dinners at home.

#### S.L. ASKS...

We spent a weekend at the home of close friends who have a black Lab. My children, who are 1 and 3, are afraid of large dogs. Our stay was miserable. The kids were scared the whole time, and they clung to me and cried whenever the dog came around. My friends put their dog outside for a few hours, but then kept making comments about how sad he looked. What should we do the next time we visit?

Your kids are in a hard phase, but it's an easy one to be transparent about. "We love you guys, but—as you know the kids are afraid of your dog. Do you have any ideas to make the visit better for everyone?" If they're unwilling to put the dog outside for long stretches (or if they continue to act aggrieved about it), then consider staying in a hotel or Airbnb, if you have the means to do so. Your kids can't help being afraid, and it's not fair to put them in that situation. It's definitely wise to have a backup plan. But then, children change so quickly. My guess is it might not even come up again.



#### HAVE AN ETIQUETTE QUESTION?

Hover your phone's camera here to submit your question for Catherine, or email her at modernmanners@realsimple.com.

#### R.M. ASKS...

I wrote my mother-in-law
a birthday card telling her
how much I appreciate her.
In her response, she wrote,
"The admiration for many
things (not everything,
but who's perfect?) flows
both ways." The rest of
her letter was lovely. Do
I respond to this slight?
Am I being too sensitive?

I wouldn't bother responding to the parenthetical dis, but you're not being too sensitive. Her comment was unkind and comically unconstructive. Go ahead and laugh about it behind her back, because what else can you do? Besides creating a line of passive aggressive greeting cards, maybe: "The gift wasn't our favorite, but thanks anyway!" Or the all-purpose "Pobody's nerfect." Mothers-in-law are notorious for backhanded compliments. She probably can't help herself, or hasn't tried to. Enjoy what you enjoy about her-including the mutual, if qualified, admiration—and let the rest go.



#### M.F. ASKS...

I recently had a miscarriage, and two of my friends are pregnant. On our monthly video calls, we spend a good chunk of time talking about baby bumps and nurseries and all the other baby things. I end up feeling uncomfortable and sad. Should I stop attending these calls or change my mindset?

I'm so sorry. I miscarried too, and I found it both intensely private and weirdly public, like the worst of both worlds and that was before video calls. I can only imagine how it feels to be so captive and visible during these heartbreaking conversations. Your most important job right now is to take care of yourself. If you can guide the group to become a better support system for you? Great. "I'm really struggling," you might say. "I'm happy for you, but I'm so sad too. Can you help me?" Ideally, this will cue them to be more sensitive, and they will make space for your sorrow. But grief is a wild animal, and it's not likely to be tamed by tinkering with the content of these calls. If you need to step back for a while, that's OK. Your friends will understand.

#### H.F. ASKS...

My husband's sister and her family moved to our small town. I introduced my sisterin-law to my social circle, and now I worry that my friends like her more than me. I feel jealous when we're all together and when I hear about things they've done without me. How should I deal with this situation and my insecurities about it?

Confession: I hate hearing that any of my friends have done anything without me. It's totally normal to feel jealous sometimes, and I admire your honesty about it. This is doubtless one of the qualities that make you a treasured friend. I'm sure your generosity—the way you're so inclusive of your sister-in-law—is another. We crave the company of different people at different moments (our party friend one day, our reflective friend another), and you don't need to be everything to everyone. Consider spending more oneon-one time with the nearest and dearest of this group. It will help remind you that, despite your slight crisis of confidence, your friends aren't going anywhere.

#### ABOUT CATHERINE

The author of How to Be a Person:
65 Hugely Useful, Super-Important
Skills to Learn Before You're Grown Up,
Catherine Newman gets advice
from her husband and two
opinionated, largely grown children
in Amherst, Massachusetts.

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WE DID IT

### RETIREMENT, REINVENTED

Meet three inspiring women redefining what it means to retire—and learn how you can too.

BY LISA ARBETTER

#### "I Retired Early to Pursue My Purpose"

Jackie Cummings Koski, 51 CINCINNATI

**SHE DID WHAT** many of us only dream of. Jackie retired at 49. No, she doesn't come from wealth. In fact, she grew up in poverty in the rural South. Nor did she earn a six-figure salary; her income from her sales job at LexisNexis averaged about \$80,000 a year. And she doesn't have a rich partner she's a divorced, single mom. She did it through a desire to make a better life for her daughter.

After she divorced at 36, Jackie was shocked by how little she had saved compared with her ex-husband. She spent the next five years educating herself about finances. She joined an investment club, read up on taxes, and maxed out her contributions to her Roth IRA, health savings account (HSA), and 401(k).

Realizing how valuable all this knowledge would have been at a younger age, she compiled what she learned into a book, Money Letters 2 My Daughter, which she presented to the now 25-year-old

Amber when she graduated from high school. "I love talking about financial literacy, especially to young people, and I realized this is what I would love to do."

So she retired from her corporate job to pursue it. Following guidelines from the FIRE (Financial Independence, Retire Early) movement, she set out to sock away 25 times her annual expenses of \$45,000. She hit this milestone at age 46, but she didn't leave work for another few years, by which point she had saved 30 times her yearly expenses.

Now a certified educator in personal finance, Jackie is working toward a graduate degree in personal financial planning and financial therapy at Kansas State University. After she graduates, she'll continue writing and speaking about financial literacy wherever she can. "I want to touch as many people as possible, especially in underserved communities and in the African American community," she says.

#### MAKE IT WORK FOR YOU

The FIRE movement, with its emphasis on freedom from debt, frugal living, and aggressive saving, isn't for everyone. That's why Jackie advises finding the parts about it that suit you. If you're looking to retire early, consider putting money into accounts that won't penalize you for withdrawing funds before you turn 59½.



"I Turned My Hobby into a Second Act"

Gillian Forsyth, 53 **CHICAGO** 

**DREAD**. It descended on Gillian every Sunday morning like clockwork. The crushing responsibilities of her job-she was chief accounting officer at a professional-services consulting firm-stressed her out so much that half her weekend would be ruined. But though she'd always been a careful saver, quitting wasn't an option. "I'm not a risk-taker," she says.

Then in October 2019, fate intervened. Gillian had been at her company for 12 years when a private equity firm took over and informed her that, come May 2020, her position would be eliminated. "It was a little early for retirement, so I entertained other jobs similar to the one I had," she says. "While I was doing that, I was approached by someone selling her bike shop. It was serendipity."

Gillian, an avid cyclist and triathlete, was acquainted with the founder of BFF Bikes through cycling events, and she'd shopped at the woman-focused store several times. After looking over the

Though the store is self-sustaining, Gillian has yet to pay herself a salary. She's more concerned with finding health insurance. At 30, she was diagnosed with type 1 diabetes (her health is a large part of why she took up cycling), so she's thinking ahead to November, when her Cobra coverage expires. Still, she has no regrets about leaving the corporate world: "It's been amazing. I am so much happier than I was. I feel excited about work."

#### MAKE IT WORK FOR YOU

Losing a job in your 50s isn't the anomaly it once was. According to research from the Urban Institute. about half of full-time workers ages 51 to 54 experience involuntary job loss. It's important to include the cost of health care in your savings plan. "Budgeting for \$500 per month in out-ofpocket costs is a good place to start," says Gianna Viele, a certified financial planner at Facet Wealth in Baltimore. She also recommends keeping an HSA or high-interest savings account stocked with at least enough to cover your deductible and out-ofpocket maximum. "That's money you may be on the hook for in an emergency," she says. To get a sense of how much you'll need to save, try NerdWallet's online retirement health cost estimator.



### "I'm Working, but on My Own Terms"

Lisa Frisch, 62
HAMPTON, NEW HAMPSHIRE

Caruso, had always dreamed of retiring to the coast of New Hampshire. In the fall of 2017, they found the perfect place—1,000 feet from the beach and surrounded by nature.

Joe, who'd left his four-decade career as a professor of criminal justice a little more than a year earlier, moved first. For the next 12 months, Lisa spent weekdays in Albany, New York, where she lived with her son and grand-daughter while working for the Legal Project, a nonprofit. She'd then head to New Hampshire for weekends with her husband.

After leaving the Legal Project in 2019, she planned to find another job near her new hometown. Financially, she didn't feel ready to retire. She'd taken a pay cut when she started at the Legal Project, and for the entire 16 years she worked there, she never contributed to her 401(k). She did, however, have a pension from her previous job, which she tapped into. That money covered their mortgage and some other expenses, and Lisa's savings took care of the rest.

With their needs being met and a pandemic raging, Lisa began to rethink the job search. She wanted to continue helping people, but without all the pressure that comes with being the boss. So she turned her attention to building a consultancy that helps nonprofit leaders run their organizations more efficiently.

Her partner is her daughter, Gianna Caruso, an MBA student who owns a candle, jewelry, and gift business called Kauldron, which Lisa also helps operate. "So I can work on national domestic violence policy one day, make candles the next day, and walk on the beach the day after that," she says.

While she wishes she had been more strategic financially, she says, "in the end, this is exactly where I wanted to be, here at the coast in New Hampshire, with the flexibility of working for myself and still helping others."

#### MAKE IT WORK FOR YOU

More than 25 percent of new entrepreneurs in 2019 were ages 55 to 64, according to research by the Ewing Marion Kauffman Foundation. If you're interested in starting a business after retirement, lay the groundwork while you're still earning. Nancy Collamer, a retirement coach and the founder of MyLifestyleCareer .com, recommends signing up for online classes, rejiggering budgets, and finalizing your business plans. "Take advantage of resources from the U.S. Small Business Administration and free mentoring from Score, a nonprofit organization," she says. ■

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#### THE HELPFUL MIND

#### We Here Now

Cultivating a mindful approach to your relationship can bring you not just inner peace but wedded bliss.

BY JENNIFER KING LINDLEY

THE SCENE MAY BE all too familiar: Your beloved spouse is telling you how their day went. Their lips are moving and sounds are coming out, and you're nodding and saying, "Mm-hmm." But your mind has left the scene to dwell on more pressing things, like why is the fridge making that weird gurgle? Do you need cat litter? Wait, you forgot to send that email!

Though we spend a considerable amount of time with our partners—perhaps more than ever over the past year—how often are we really present? "It's easy to go on autopilot with those closest to us," says Laura Silberstein—Tirch, PsyD, a psychotherapist in New York City and the author of *How to Be Nice to Yourself.* Social scientists call this the "closeness-communication bias." We stop actively listening to our nearest and dearest because we think we already know what they're going to say.

There's comfort in such familiarity, of course. But when tuning out becomes our default, disconnection, loneliness, and misunderstandings can result, says Anna Osborn, a relationship therapist and coach in Sacramento, California. "That's when you hear couples say, 'We've grown far apart.'"

One way to take off the blinders: mindfulness. "Mindfulness means bringing your awareness to the present moment without judgment,"



Try to imagine the other person not as a problem to be solved but as a wonder to be appreciated.

Silberstein-Tirch says. A sizable body of research shows that practicing mindfulness can improve your ability to direct your attention and make you less reactive in the moment—both key behaviors in a romantic partnership. According to a 2020 study in the Journal of Social and Personal Relationships, people who measured higher in "trait mindfulness" (they rated themselves as more likely to view their present experiences without judgment) weathered the day-to-day ups and downs of close relationships with greater satisfaction and calm.

Intrigued? Here are a few timehonored marital challenges and ways to meet them with mindfulness.

## When your partner is talking, you go into screen saver mode.

## MINDFUL FIX Practice mindful listening.

While not every confab has to be a soul excavation, it's important to be present for "the moments that matter," Osborn says. A good first step: Set your intention to listen by silently saying a short phrase, such as "Tune in."

Silberstein-Tirch offers a quick way to focus on the other person: "Imagine you're breathing in attention to yourself, then breathing it out toward your spouse." Or shift your seat. "Moving your body position helps your mind follow," says Ko Im, a Seattle-based yoga and meditation instructor. "Point your toes their way. Maybe connect with them physically by touching them lightly on the shoulder." During an important conversation, check in with yourself from time to time. When your attention wanders (it will), just notice that it drifted and bring it back to the conversation, she says.

To really tune in—during dinner catch-up, for instance—you can also quiz yourself, suggests journalist Kate Murphy, author of You're Not Listening: What You're Missing and Why It Matters. "Be ready to answer yourself afterward: 'What did I just learn? How was my partner feeling?'"

## MARITAL CHALLENGE You show up to an argument with a cargo hold of emotional baggage.

## MINDFUL FIX Adopt a beginner's mindset.

A blowup with your spouse is rarely about the here-and-now facts. "Instead, we often dive right into familiar stories we tell ourselves," Osborn explains. "When I was first married, my husband would say, 'Dinner smells good.' He meant it as a simple compliment, but to my ears it was a criticism: 'Wow, she's actually cooking dinner for a change.' I grew up in a family with a stay-at-home mom, so I'd feel defensive, assuming he was expecting me to cook a lavish meal every night too."

To stop unhelpful storytelling, Alicia Muñoz, a couple's therapist and the author of A Year of Us: One Question a Day to Spark Fun & Meaningful Conversations, recommends a timeline check. "Ask yourself, 'Am I in the past, present, or future?' If your mind is caught in what has happened or might happen, bring yourself back to the present by using your senses, noticing sounds, smells, tastes, or textures," she says. Once you're in the moment, you may see the situation clearly and know the best way to respond.

Meryl Davids Landau, author of the mindfulness-based novel *Warrior Won*, says, "When I feel myself getting ready to argue with my husband, I focus on where my feet are touching the floor, where my back is against the chair. It brings me into the moment enough to sometimes stop my emotions from escalating."

Another strategy: If you're about to have the dirty-dishes argument for the 10 zillionth time, pretend you've never had it before. Ask yourself, "What if I didn't know how this was going to go?" "It can help to imagine observing the conflict as if you were watching a play from the audience, viewing it at a distance," says Carla Naumburg, PhD, author of How to Stop Losing Your Sh\*t with Your Kids. "When you step back and take this perspective, you make room for yourself to make new choices about how to respond." And just maybe you won't have the argument for the 10 zillion and first time.

## Your relationship has become rote.

## Use your curiosity.

"We forget to recognize what we have with the other person," Muñoz says. "Being fully present with your partner can bring a sense of vitality to the connection. It's like, 'Wow, I haven't really seen you for a while.'"

Looking at her spouse with fresh eyes has helped Neeti Narula, a yoga and meditation teacher in New York City. "Focusing on details that only I see on my partner helps me feel close to him. Freckles on his face, eyebrow hairs—it's all in the tiniest details. These can be my cue to remember what I value about our relationship."

After all, mindfulness asks you to look anew at a sunset, or the everchanging patterns of leaves. Can you bring that sense of curiosity—even wonder—to the person next to you on the sofa? What would you be drawn to if you had just met them for the first time? "Try to imagine the other person not as a problem to be solved but as a wonder to be appreciated," Silberstein-Tirch suggests. "It's often said that curiosity and compassion are two wings of the same bird."





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#### FIRST PERSON

#### THE SIMPLE GIFTS OF SUMMER NIGHTS

Dinner on the screened-in porch with her grandmother sparks happy memories for *Julie Christmas*.



ET'S EAT ON THE BACK PORCH." It was a hot summer night-July or August-and I had stopped in after work to visit my grandmother. The evening air was still and sultry as she steered me toward the screened-in porch at the back of her house. This was unusual, as we always

dined at the cracked yellow Formica table in her kitchen. I remember waiting for her, looking out over the cool green grass in her shady backyard with the early evening sunlight filtering through.

In front of me, she placed a cool, crisp iceberg lettuce leaf with a scoop of tuna salad on top. Next to the salad sat several overripe, red tomato slices that a neighbor had contributed from his garden. "I thought you'd like a cold plate," she said, wiping her brow. The unexpected light dish and the back porch made the meal feel surprising and different. My grandmother's superpower was turning a small moment into something special.

As a Depression-era bride, my grandmother's simple cooking never quite caught up with the times. For casseroles she used Campbell's soup and whatever was in her pantry. Her iced tea and coffee were transparent. She made sure her dishes had just enough flavor—but no more than necessary. When baking her famous chocolate peanut butter cookies, she counted out exactly three chocolate chips for the top of each cookie.

So much of the food she served in her kitchen was homemade, not because it was trendy but because it was all she knew. Her chocolate pudding came from a saucepan, not a box, developing a thick skin as it sat cooling on the stove. Making popcorn was an adventure: waiting for those first few kernels to burst, then furiously shaking the old pot until the popping sounds subsided. Homemade dishes require patience. Remember the 1970s TV ads for Heinz ketchup, set to Carly Simon's "Anticipation," with the tagline "The taste that's worth the wait"? Recipes that require time and waiting are somehow more delicious. They make us slow down and enjoy the ritual of cooking together.

My grandmother baked bread every two weeks. Her recipe included both white and wheat flours, creating a texture that's perfect for toast and jam. I have never been able to duplicate it. I once asked her to coach me on baking bread, and I attempted to write down the ingredients and steps involved. The problem was pinning down the measurements. With a smile, she showed me handfuls of flour. "You use this much," she said, as I tried to calculate how many cups her hands held.

When I visited her during my childhood, a quick card game decided who would do dishes—the loser washed; the winner dried. After dinner, we'd sit on her wide front porch and read books or work on jigsaw puzzles until twilight drove us inside. Though she watched a soap opera each afternoon, I do not ever remember the TV being on during my visits. Sometimes my grandparents had friends over for a bridge game, and I was instructed to "find something to do" while the grown-ups played cards. In all my time spent outside, picking berries in the field behind the house or poking around in the musty garage for the old croquet set, I was never bored.

These quiet hours still hold magic in my memory. And I know now that my grandmother's love and attention made those times so special. She raised three boys on a dairy farm and, in addition to feeding and caring for a hardworking farm family, taught in a one-room schoolhouse. When I came along, she had some time to spend quietly, and I was the lucky beneficiary. I was her "sweetheart." Her little boys (my dad and two uncles) were possibly less content to hold her hand and sit in her kitchen.

When my grandmother died, I visited her house after the funeral. Walking through the kitchen, I realized that I much preferred her house with her in it. She helped me stay connected to the quiet, simple joys that make the busyness of life bearable. In her presence, I never had to tell myself to stop and breathe. It happened automatically. Her house was a place where I slowed down, where I sat still, where I listened. To this day, when I dream, I only ever dream of one house-my grandmother's. Her home was a touchstone, a constant in my life as I grew up and everything around me changed.

My grandmother's simple cooking and our afternoons together in her kitchen speak of simple times. And when I use the word "simple," I do so with purpose and intention. Simple does not mean lacking or less than,

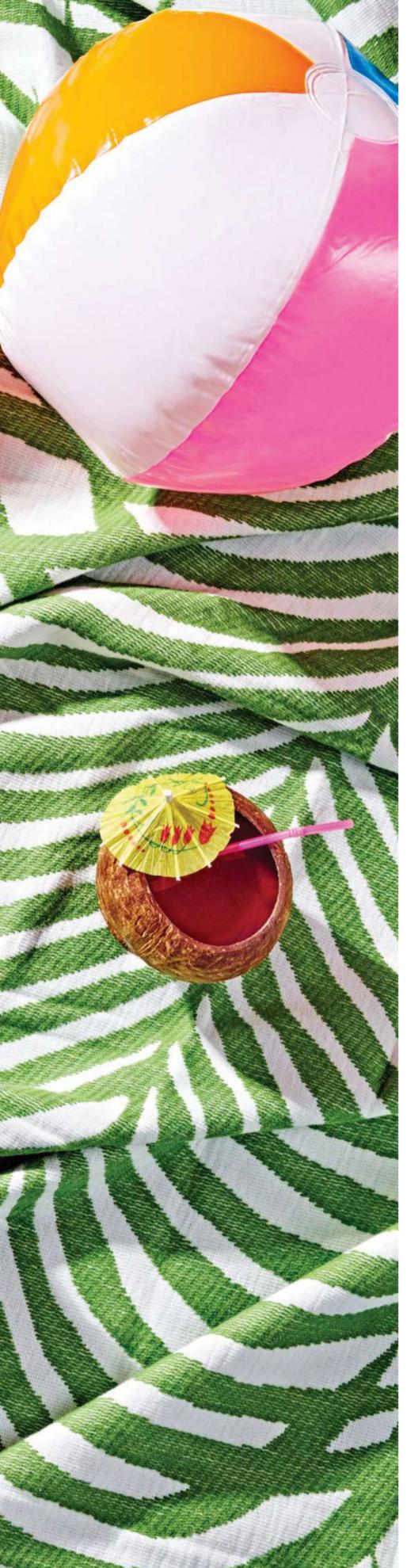
but rather so much more. In her quiet way, with her humble dishes, my grandmother taught me how perfect life can be when you slow down to enjoy simple pleasures...like a cold plate on a hot summer night. ■



**ABOUT THE AUTHOR Julie Christmas** 

works for her family's recreational land company in New York. She spends her free time writing and hiking with her three dogs.

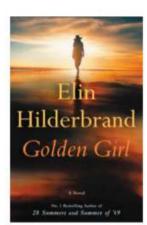




#### BLOCKBUSTER BEACH READS

#### THAT ARE

#### QUINTESSENTIALLY SUMMER



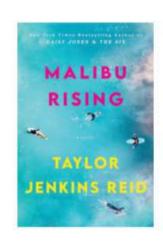
#### **GOLDEN GIRL**

Elin Hilderbrand, known as the queen of the summer read, gives us Golden Girl, about a Nantucket novelist killed in a hit-and-run who watches her family from the beyond for one final summer. How will she use her three opportunities to influence their choices?



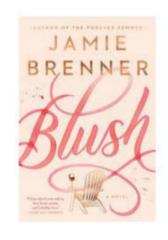
#### SUMMER ON THE BLUFFS

Set on Martha's Vineyard, Summer on the Bluffs by Sunny Hostin is about three adult goddaughters of a trailblazing stock trader. They escape to her estate for the season, knowing that by Labor Day, she'll choose just one of them to inherit the property—and all three have secrets that could ruin their chances. Lush and brimming with drama, this is the first book in a series by the cohost of The View.



#### MALIBU RISING

You can almost smell the Coppertone coming off the pages of *Malibu Rising* by Taylor Jenkins Reid. It's set in 1983 on the day of a legendary summer party that may have life-changing consequences for the four famous hosts.



#### BLUSH

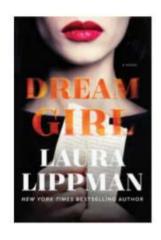
Books, wine, and female power prevail in *Blush.* Three generations of women spend a summer resurrecting the matriarch's "trashy book club" and discover that the allegedly scandalous tomes actually contain the secrets to saving the family's struggling winery.



#### THE GUNCLE

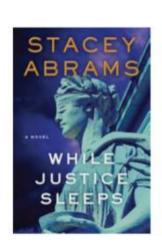
Steven Rowley's The Guncle is a deeply entertaining story about a summer in Palm Springs when a washed-up sitcom star hosts his schoolage niece and nephew in the wake of a family tragedy.

#### **UP-ALL-NIGHT THRILLERS**



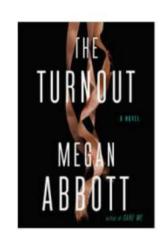
#### DREAM GIRL

In Laura Lippman's Dream Girl, a celebrated novelist is confined to a hospital bed after a freak accident. He becomes increasingly undone after he begins receiving mysterious phone calls from a woman who claims to be the main character in his blockbuster novel.



#### WHILE JUSTICE **SLEEPS**

Political powerhouse Stacey Abrams has already written several romantic suspense novels under the pen name Selena Montgomery. Now she debuts a classic legal thriller, While Justice Sleeps, about a Supreme Court justice who falls into a coma and the young clerk who gets swept up in his scandal.



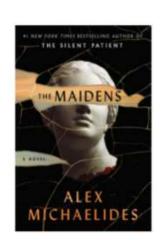
#### THE TURNOUT

A small, charming ballet studio, run by two sisters and one of their husbands, transforms into a site of terror in Megan Abbott's The Turnout. This is a deliciously creepy thriller about competition and family ties.



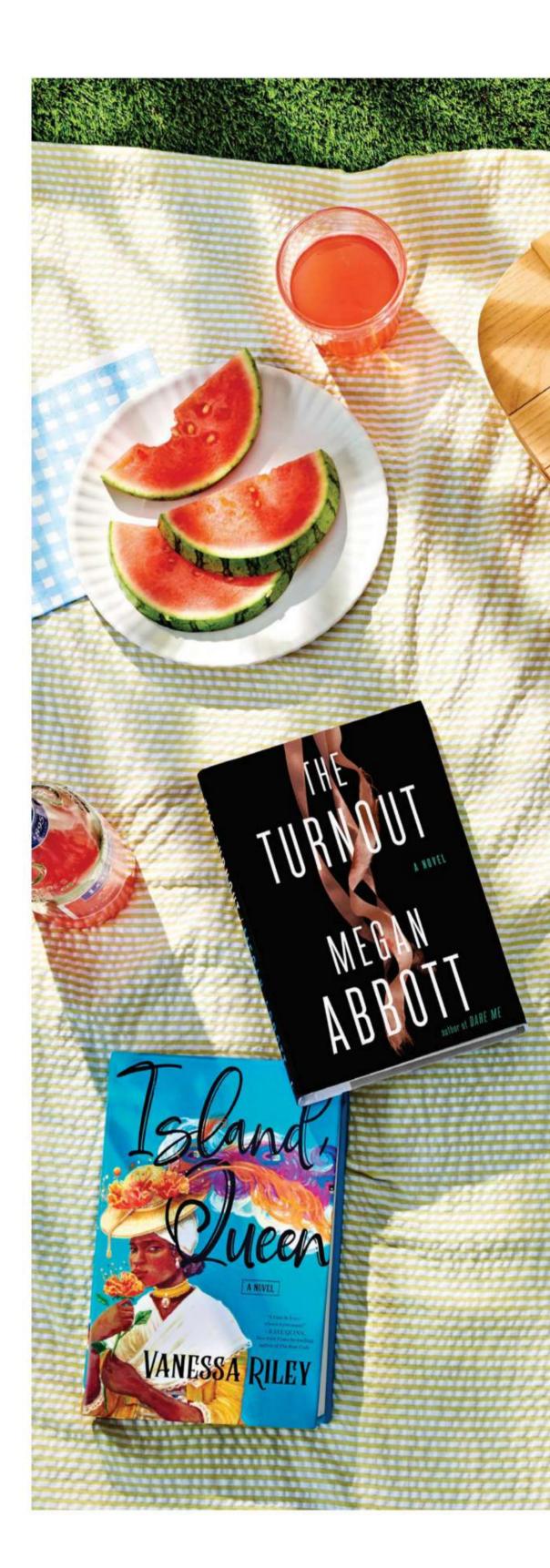
#### THE 22 MURDERS OF MADISON MAY

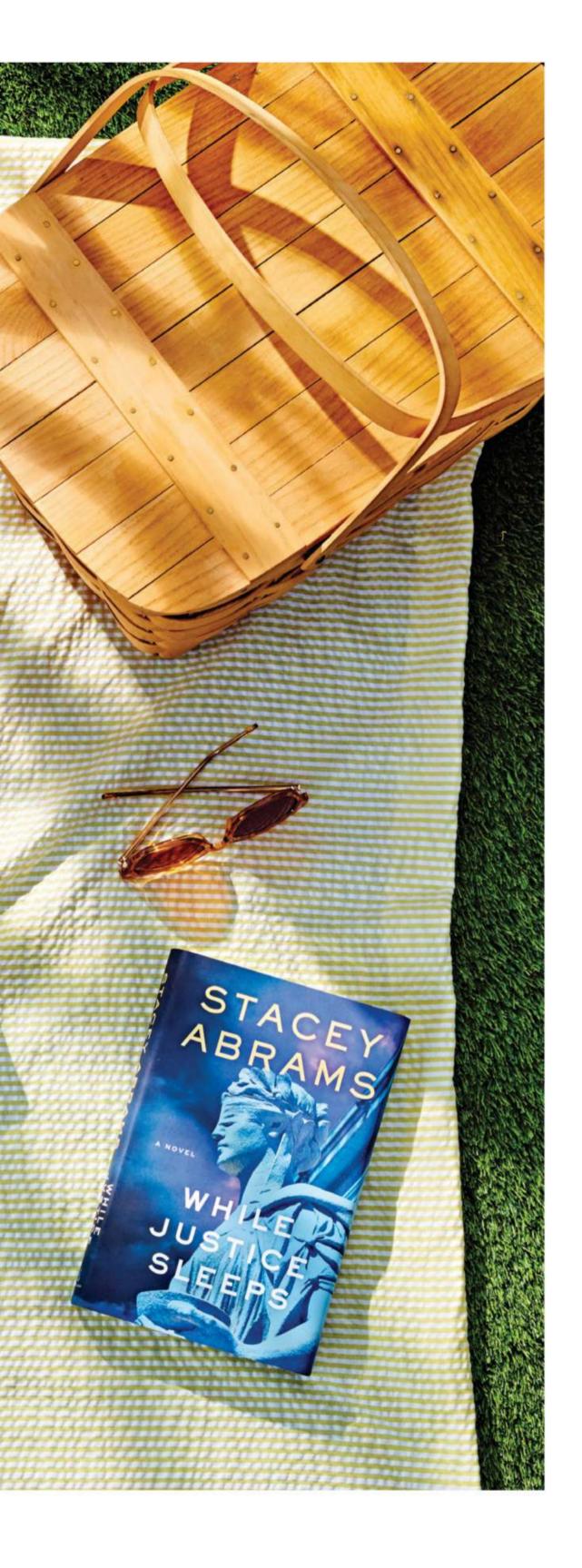
A mind-bending tale with touches of sci-fi, Max Barry's The 22 Murders of Madison May follows a journalist determined to find out who killed a real estate agent. Her chase leads her through time and space into parallel universes, and she discovers she's not the only one who's after the murderer.



#### THE MAIDENS

In The Maidens, Alex Michaelides's highly anticipated follow-up to The Silent Patient, a therapist becomes obsessed with a secret society of female students at Cambridge University—and the classics professor she's certain is a killer.

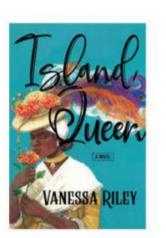






#### **OUR WOMAN IN MOSCOW**

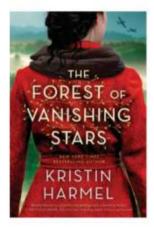
In Beatriz Williams's captivating Cold War page-turner, Our Woman in Moscow, a woman poses as the wife of a counterintelligence agent to rescue her twin sister. who she hasn't seen since they were separated in Italy during World War II.



#### **ISLAND QUEEN**

In Island Queen, Vanessa Riley weaves an adventuresome tale based on the true life story of Dorothy Thomas, who was born into slavery on the island of Montserrat in the 1700s and became one of the richest landowners in the colonial West Indies.

## HISTORICAL FICTION WITH DECIDEDLY MODERN MESSAGES



#### THE FOREST **OF VANISHING** STARS

With a breathtaking plot rooted in real events, Kristin Harmel's The Forest of Vanishing Stars tells the story of a woman raised in the wilderness of Eastern Europe who then uses her rugged survival skills to help a group of Jewish refugees escape the Nazis.



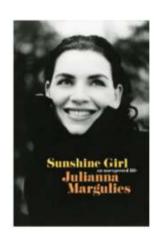
#### THE PERSONAL LIBRARIAN

In the early 1900s, J.P. Morgan employed a personal librarian, Belle da Costa Greene, who became a power player in New York society. In *The* Personal Librarian, a novelization of her life, coauthors Marie Benedict and Victoria **Christopher Murray** create a fascinating story about how Belle, the daughter of Harvard's first Black graduate, passed for white.



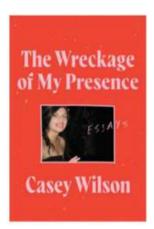
#### SEARINGLY HONEST AND 100 PERCENT

#### INSPIRING NONFICTION



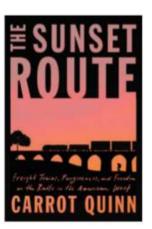
#### SUNSHINE GIRL

In the beautifully written *Sunshine Girl*, actor Julianna
Margulies reflects on her unconventional, globe-trotting childhood, her rise to fame (on *ER* and *The Good Wife*), and the familycentered life she's built as an adult.



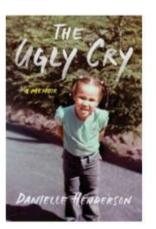
#### THE WRECKAGE OF MY PRESENCE

SNL alum and Black
Monday star Casey
Wilson has written a
funny, irreverent memoirin-essays. Reading
The Wreckage of My
Presence is like having
a free-ranging chat with
a friend that hits on all
the important topics
(grief, motherhood,
The Real Housewives).



#### THE SUNSET ROUTE

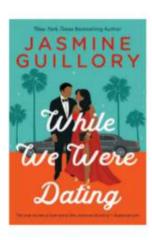
As a teenager, Carrot
Quinn left her home
and schizophrenic
mother in Alaska and
started hopping freight
trains. The Sunset
Route is her comingof-age travel memoir
recounting how she
crisscrossed the country to find herself.



#### THE UGLY CRY

Just as real life can so often be, Danielle Henderson's *The Ugly Cry* is both hysterical and heart-wrenching. The TV writer touchingly recounts how she was raised by a toughas-nails grandmother in a mostly white neighborhood in Upstate New York.

#### ROMANTIC COMEDY READS



#### WHILE WE WERE DATING

The movie star and the workaholic ad exec in Jasmine Guillory's While We Were Dating first meet when she's cast in his ad campaign—but the real connection occurs when he helps her through a family crisis.



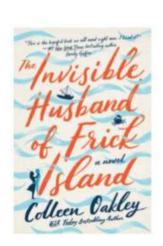
#### THE SUMMER JOB

In Lizzy Dent's *The*Summer Job, a woman pretends to be a world-class wine expert at a Scottish resort when her best friend, the actual pro, ditches the job. It's all going down as smoothly as the drinks she's pouring until she falls for a man who thinks she's someone else.



#### SO WE MEET AGAIN

Investment banker
Jess Kim loses her job
and returns home to
Tennessee in Suzanne
Park's So We Meet
Again. Jess's overbearing mother sets her up
with a guy who takes
her by surprise—and
not just because he's
no longer the dorky kid
she remembers.



## THE INVISIBLE HUSBAND OF FRICK ISLAND

In Colleen Oakley's The Invisible Husband of Frick Island, a quirky island community bands together to help a young widow through her grief by carrying on as if her husband were still alive. But everything changes when an ambitious journalist comes to town—and falls for more than her story.



#### BOMBSHELL

Attention, Bridgerton fans! Bombshell by Sarah MacLean is the first installment in a feminist romance series about British aristocrat Lady Sesily Talbot, a fiercely independent woman who's not afraid to go after what—and who—she wants.





#### AT THE POOL

The canopy gives extra protection when you get so absorbed in your book you forget to reapply SPF.

TO BUY: Calla Chair by
Opalhouse, \$375; target.com.



#### ON THE GO

Keep this vintage-looking baby in the car and escape into your book at a moment's notice (or swim meet). **TO BUY:** Retro Lawn Chair, \$69; funboy.com.



#### ON THE PORCH

The contoured seat is comfy enough for hours of rocking and reading. **TO BUY:**Estate Rocking Chair, \$209; polywood.com.

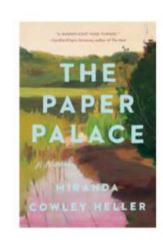
#### BUZZY FICTION FOR WHATEVER

#### YOUR HEART DESIRES



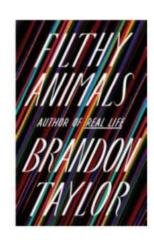
#### MOVE ME WITH A STORY ABOUT THE BONDS BETWEEN WOMEN

In That Summer by
Jennifer Weiner, two
women's lives collide
when their emails keep
getting misdirected
because their addresses
are one punctuation
mark apart. But they
soon discover that their
chance meeting might
not be coincidental at all.



#### HOW ABOUT SOME JUICY DRAMA?

In Miranda Cowley Heller's *The Paper Palace*, Elle is a happily married 50-year-old mother of three spending the summer at her family's house on Cape Cod. One morning she wakes up with a life-changing dilemma: Does she stay with her husband or leave him for her oldest friend Jonas, who she slept with for the very first time the night before?



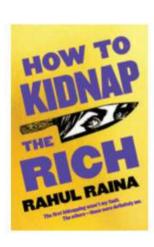
#### I WANT SOMETHING TO SAVOR, ONE STORY AT A TIME

The stories in Brandon
Taylor's Filthy Animals
explore the lives of a
group of young intellectuals in the Midwest who
are desperate for connection but find that the
push-and-pull of their
relationships makes that
easier said than done.



#### AFTER THIS PAST YEAR, I WANT TO BE UPLIFTED

A woman sees an ad for free therapy at a Catholic church, takes a receptionist job there, and becomes consumed with the circumstances of her predecessor's death. Emily Austin's Everyone in This Room Will Someday Be Dead is both hilarious and poignant.



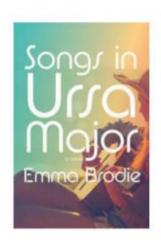
#### SWEEP ME FAR OUTSIDE MY OWN REALITY

A satire about modern-day India with a wildly entertaining plot, Rahul Raina's How to Kidnap the Rich tells the story of a poor, young protagonist who makes a lucrative business out of taking academic exams for the sons of India's elite, then finds himself in the middle of a kaleidoscopic, LOL-funny caper.



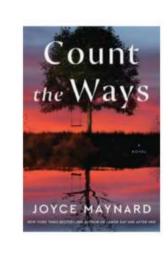
## GIVE ME A CHARACTER I CAN ROOT FOR

In Lorna Mott Comes
Home by Diane Johnson,
a 60-something woman
leaves her tiny French
village—and her cheating
second husband—to
return home to San Francisco, where she tries to
reboot her career and
reconnect with her adult
children and grandkids.



#### GIVE ME ANGSTY YOUNG LOVE

If you're missing live music, look no further than Songs in Ursa Major by Emma Brodie: A young songwriter gets a career-making gig at a folk festival and begins a complicated affair with a fellow musician.



#### I FEEL LIKE A GOOD, CATHARTIC CRY

Count the Ways by Joyce Maynard is an intricate family drama about a terrible accident that occurs because of the husband's negligence, the emotional fallout as the family tries to cope, and the decades of redemption that follow.

## 3 Great Pairs of Glasses



#### **BEST READERS**

Fashionable, yes, but our tester truly loved the blue-lightblocking tech that made these ideal for reading in bed. TO BUY: Miklos, \$95; caddislife.com.



#### **BEST RX SUNNIES**

Durable and wide for extra coverage, these impressed our tester with their hyperclear lenses. TO BUY: Whitney Sunglasses, \$99; seeeyewear.com.



#### **BEST RX PROGRESSIVES**

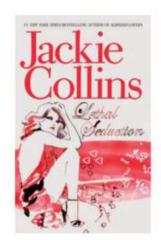
Our tester loved that there was no dizzy-making break-in phase with these splurge specs. TO BUY: MJO2232 Eyeglasses, from \$460; mauijim.com.

## Perfect and Pulpy Page-Turners

Round out your stack with a few oldies but goodies, recommended by a fairy godmother for die-hard readers.

LONGER, LOUNGIER DAYS mean that now may be the time to finally read a book you've been meaning to get to for...well, let's not bog ourselves down in dates. Brandy O'Briant is just the person to help you pick the perfect one. After gaining a reputation among her friends for spot-on recommendations, she started Page 1 Books (turns out she wasn't totally joking when she told her buddies, "I'm going to start charging you for this!"). Based in Evanston, Illinois, O'Briant personally curates selections to match customers' tastes. As one subscriber says, "It's like Stitch Fix, but for books!"

When it comes to classic summer reads, O'Briant says she likes stories that evoke the feeling of the season: "Think sultry weather, and that sensation you have when you're by the pool or the beach all day, and when it's time to eat, you



can't bother with cooking, so you just grab a piece of watermelon to snack on and lie back down with your book."

Classic novels that evoke this feeling, she says, include Far from the Madding Crowd by Thomas Hardy, Atonement by Ian McEwan, and The Prince of Tides by Pat Conroy. More recent reads include Montauk by Nicola Harrison, a love story set in the late 1930s, and Park Avenue Summer by Renée Rosen, about a woman who takes a summer internship in 1965 under legendary Cosmo editor Helen Gurley Brown. But if you're hankering for a capital-b Beach Read, she recommends anything by Jane Green or, if you're going for straight-up trashy paperback pleasure, Jackie Collins.

When all else fails, the no-brainer choice for inspiring that hazy, lazy, delicious summer feeling is "anything where they're having a picnic," O'Briant says. "In other words, Jane Austen."

#### YOUR BOOK ACCIDENTALLY TOOK A SWAN DIVE INTO THE POOL. HERE'S HOW TO SAVE IT.

Use both hands to pick it up a wet book is fragile!—and move it to a cool, dry room, according to the Preservation **Emergency Response Team at** the Library of Congress.

Place paper towels inside the front and back covers and between every few pages. Lay the book on more paper towels and weigh it down with something heavy, like a baking dish filled with cans. Check back periodically—when the paper towels are saturated, replace them with fresh sheets. (Yes, this is a lot of paper towels; let them dry and save them for another use.)

When the book is no longer sopping, carefully stand it up and slightly spread the pages open. Turn on a fan to help speed up drying-just don't point it directly at the book. Add a dehumidifier to help inhibit mold growth.

When the water is absorbed, close the book and weigh it down again overnight to get the pages as smooth as possible. Feel the gutter and spine to make sure they're bone-dry. -Leslie Corona





#### Jennifer Walsh

50, New York City

I'M PROUD OF: My wrinkles and roots.

#### WHY I'M OK WITH AGING:

I turned 50 in January, and I feel liberated. I've been a beauty brand creator my entire adult life—but I haven't had Botox or a peel in over a year and a half. I haven't colored my hair in two years. I haven't even gotten my nails done. I'm fully me. This is going to sound strange, but I didn't hate the pandemic. I moved to the beach and lived in a tent for 3½ months, and it turned out to be really joyful.

#### I FEEL MOST BEAUTIFUL WHEN:

I'm connecting to nature. Being outside helps me so much.
Walking in nature is now my beauty routine.

MY EVERYDAY ROUTINE: I love Fresh's overnight mask and the rituals that make me feel good: hydrating my skin, drinking water, lighting candles, and putting on Benefit mascara and Jones Road lip gloss.

MY BEAUTY MOTTO: Be yourself. Despite my job in the beauty industry, I'm always happiest in jeans and a T-shirt and no makeup.

Firming Overnight Mask, \$92; fresh.com. Benefit Cosmetics They're Real Lengthening Mascara, \$26; sephora.com. Jones Road Beauty Cool Gloss, \$22; jonesroadbeauty.com.

"Grays are coming in, but
I'm in no rush to color.
I'm OK with just being."



#### Jessica Napolitano Casterlin

41, Wallkill, New York

I'M PROUD OF: My teacher wrinkles.

#### WHY I'M OK WITH AGING:

When I talk or get excited, my eyebrows go up, and I have these two wrinkles across my forehead. When I remember that they come from 19 years of engaging with kids as a teacher, I feel proud. My father passed away at 61, and he had them too. So these lines remind me of him—and make me grateful that I get to worry about wrinkles.

## I **FEEL MOST BEAUTIFUL WHEN:** I dress up and go to dinner and can be just me—not a teacher, mom, or wife.

MY EVERYDAY ROUTINE: I wash my face with Botanic Tree's glycolic acid cleanser; I like a nice scent. Then I use Thayers toner and Drunk Elephant marula oil on my lines. My Tula sunscreen adds just a little shimmer.

worry about trends. I'll wear my skinny jeans—it took me six years to fit back into them—not Mom jeans. And I will not center my part. I like a side part!

**TO BUY:** Botanic Tree Glycolic Acid Exfoliating Cleanser, \$24; amazon.com. Thayers Rose Petal Facial Toner, \$11; target.com. Drunk Elephant Virgin Marula Luxury Facial Oil, \$72; sephora.com. Tula Protect + Glow Daily Sunscreen SPF 30, \$36; ulta.com.



"Looking at my face in my 20s, I feel like I look like a child. I'd rather look like a woman."

#### Natalie Grainger

41, Ho-Ho-Kus, New Jersey

I'M PROUD OF: My salt-and-pepper hair.

#### WHY I'M OK WITH AGING:

When I was in my 20s, I got a gray streak. It wasn't embarrassing, but I dyed it at home for a decade. Five years ago, I started going to the salon every four weeks. Near the beginning of the pandemic, I bought a box of dye. I remember looking at it, thinking how annoying it is to do my own hair. That's when I realized that, after talking about it for years, I should put my money where my mouth is and let my hair go gray. I'd never seen what it looked like without dye. I really love the white streak on one side and how the back is salt and pepper.

#### I FEEL MOST BEAUTIFUL WHEN:

I am confident. I don't define my beauty by my face or my body. I see the white in my hair and the line on my forehead, and I think they lend something to my face.

MY EVERYDAY ROUTINE: I love the vitamin C drop from Dear, Klairs. I alternate it with Sunday Riley Good Genes and the Rael Beauty patches for acne.

#### **MY BEAUTY MOTTO:**

I'm hoping to change how you think of women with gray hair. When men age, they do so with grace. There shouldn't be a double standard.

**TO BUY:** Dear, Klairs Freshly Juiced Vitamin C Drop, \$23; ulta.com. Sunday Riley Good Genes All-in-One Lactic Acid Treatment, \$122; sephora.com. Rael Beauty Miracle Patch Invisible Spot Cover, \$12 for 48; target.com.



"In embracing my natural hair color,
I've freed the mental space that worrying
about my roots used to occupy."

## "I love my crow's-feet because they display the years of joy I spent with my family."



# GARLIC-HERB **POTATO SALAD** Potato salad is often the cookout's also-ran dish. But thanks to a shower of crunchy garlic chips and herbs, this one is a true all-star. THE BACKYARD BECKONS irresistible menu—and long-overdue fun. Gather your people for an easy and BY Ananda Eidelstein AND Jenna Helwig PHOTOGRAPHS BY Greg DuPree





## CARAMELIZED SHALLOT DIP

ACTIVE TIME **20 MINUTES**TOTAL TIME **1 HOUR, 25 MINUTES**SERVES **8** 

- 3 Tbsp. olive oil
- 1 lb. shallots, thinly sliced (about 3 cups)
- 1/4 tsp. granulated sugar
- 11/2 tsp. kosher salt, divided
- 11/2 cups sour cream
- 1/2 cup mayonnaise
- 3/4 tsp. freshly ground black pepper
- 1/4 tsp. onion powder
- 1/4 tsp. garlic powder
- ¹/₄ cup finely chopped fresh flat-leaf parsley, plus more for serving Potato chips and sliced English cucumber, for serving

medium-high. Add shallots, sugar, and <sup>3</sup>/<sub>4</sub> teaspoon salt; cook, stirring often, until shallots begin to color, about 5 minutes. Reduce heat to medium-low; cook, stirring occasionally and scraping bottom of pan, until shallots are a deep golden brown, 40 to 50 minutes. (If shallots seem dry at any point or if bottom of pan starts to darken, stir in 1 tablespoon water.) Transfer shallots to a small bowl. Let cool to room temperature, about 30 minutes.

**STIR** sour cream, mayonnaise, pepper, onion powder, garlic powder, and remaining <sup>3</sup>/<sub>4</sub> teaspoon salt in a medium bowl. Stir in shallots and parsley and top with more parsley. Serve with potato chips and sliced cucumber.

**MAKE AHEAD:** Store dip in an airtight container in the refrigerator for up to 3 days.

#### **MOSTLY MAKE-AHEAD**

#### BBQ RIBS

ACTIVE TIME 50 MINUTES
TOTAL TIME 7 HOURS, 35 MINUTES
(INCLUDES CHILLING)
SERVES 8

- 4 slabs baby back pork ribs (8 to 9 lb. total)
- 21/2 Tbsp. plus 2 tsp. kosher salt, divided
- 2½ tsp. freshly ground black pepper, divided
  - 2 cups tomato puree
- <sup>1</sup>/<sub>4</sub> cup pomegranate molasses
- 1/4 cup honey
- 1/4 cup apple cider vinegar
- 2 Tbsp. tomato paste
- 2 Tbsp. Dijon mustard
- 1 tsp. smoked paprika
- 1/4 tsp. cayenne Canola oil, for grill grates

**PREHEAT** oven to 350°F with racks in upper and lower thirds. Place each rib slab on a separate large sheet of heavy-duty aluminum foil (if you don't have heavy-duty foil, double up regular foil). Season ribs on both sides with 2½ tablespoons salt and 2 teaspoons pepper. Fold each sheet of foil around each slab, crimping foil at the sides and top to seal completely. Place 2 rib packets each on 2 baking sheets. Bake until ribs are fork-tender, about 2 hours.

**REMOVE** ribs from oven and very carefully unseal each packet (the steam inside will be very hot). Let ribs cool in foil to room temperature, about 1 hour. Pour out any juices in packets, reseal foil, and refrigerate for at least 4 hours and up to 24 hours.

If you don't have pomegranate molasses, replace it with an extra 2 Tbsp. each honey and apple cider vinegar.

whisk tomato puree, pomegranate molasses, honey, vinegar, tomato paste, mustard, paprika, cayenne, and remaining 2 teaspoons salt and ½ teaspoon pepper in a medium pot. Bring to a simmer over medium-high. Reduce heat to medium-low; partially cover and simmer, stirring occasionally, until slightly thickened and reduced to about 2½ cups, about 15 minutes. Let sauce cool to room temperature, about 1 hour. Use immediately or refrigerate, covered, for up to 24 hours.

**PREHEAT** grill to medium-high (400°F to 450°F). Working in batches if needed, remove ribs from foil packets and place on oiled grill grates. Grill, flipping ribs and basting generously with sauce every 3 to 4 minutes, until ribs are hot, well sauced, and browned and crisped in spots, 12 to 15 minutes total. Remove ribs from grill; let rest for 5 minutes. Slice and serve.

**MAKE AHEAD:** Bake the ribs and make the sauce the day before serving.







For maximum flavor, break out the highquality salted butter.

## FANCY TOMATO SANDWICHES

ACTIVE TIME **15 MINUTES**TOTAL TIME **15 MINUTES**SERVES **8** 

- 3/4 cup (11/2 sticks) salted butter, softened, at room temperature
- ¹/₄ cup plus 2 Tbsp. finely chopped fresh chives
- 2 long baguettes (about 12 oz. each)
- 8 oz. Gruyère, Comté, or sharp Cheddar cheese, sliced 1/4 in. thick
- 8 small-to-medium firm-ripe heirloom tomatoes (3 lb. total), cored and sliced 1/4 in. thick
- 3/4 tsp. kosher salt
  Freshly ground black pepper
- 3 cups baby arugula
- 2 cups crispy fried onions, such as French's

**STIR** butter and chives in a medium bowl until smooth and well combined.

chive butter on cut sides of baguettes (about 3 tablespoons per side). Arrange cheese on bottom baguette halves.

Layer sliced tomatoes on top of cheese, seasoning tomatoes with salt and several grinds of pepper as you go. Top with arugula and onions. Replace top baguette halves. Slice each sandwich crosswise into 8 pieces for an appetizer or 4 pieces for a main.

MAKE AHEAD: Refrigerate chive butter in an airtight container for up to 5 days. Let come to room temperature before using.

#### NECTARINE AND BURRATA SALAD

ACTIVE TIME 20 MINUTES
TOTAL TIME 20 MINUTES
SERVES 8

- <sup>1</sup>/<sub>4</sub> cup white wine vinegar
- 1/2 cup very thinly sliced red onion (from 1 small onion)
- 7 medium semifirm nectarines (2<sup>3</sup>/<sub>4</sub> lb. total), pitted and sliced <sup>1</sup>/<sub>4</sub> in. thick
- 1 tsp. lemon zest plus 1Tbsp. fresh juice (from 1 lemon), divided
- 1 tsp. flaky sea salt,plus more for servingFreshly ground black pepper
- 2 Tbsp. olive oil, plus more for serving
- 2 4-oz. balls burrata cheese, drained, at room temperature
- ¹/₂ cup Marcona almonds, roughly chopped
- 1/4 cup loosely packed small mint leaves

**MICROWAVE** vinegar in a small microwavesafe bowl on high until hot, about 30 seconds. Stir in onion, pressing down to submerge. Set aside, stirring occasionally, until onion is slightly pink, about 10 minutes.

**MEANWHILE,** toss nectarines with lemon juice, salt, several grinds of pepper, and oil in a large bowl. Transfer mixture to a large platter and make 2 wells in salad. Place 1 burrata ball in each well. Cut a long X (about  $1^{1}/_{2}$  inches) on top of each burrata ball. Drizzle burrata and salad with oil.

**DRAIN** onion mixture; discard vinegar.

Top salad with quick-pickled onion, lemon zest, almonds, and mint. Sprinkle with more flaky sea salt and pepper.

**MAKE AHEAD:** Refrigerate onion mixture in an airtight container for up to 3 days.

## GARLIC-HERB POTATO SALAD

ACTIVE TIME **20 MINUTES**TOTAL TIME **45 MINUTES**SERVES **8** 

- 3 lb. multicolored baby potatoes, scrubbed
- 6 medium scallions
- <sup>2</sup>/<sub>3</sub> cup olive oil
- 8 large cloves garlic, very thinly sliced (about 1/3 cup)
- 2<sup>3</sup>/<sub>4</sub> tsp. kosher salt, divided, plus more for water
- 1/4 cup white wine vinegar
- 2 Tbsp. whole-grain mustard
- 1/2 tsp. freshly ground black pepper
- ¹/₂ cup packed fresh flat-leaf parsley leaves, chopped
- ¹/2 cup packed fresh basil leaves, chopped

with water; season generously with salt. Bring to a boil over medium-high. Reduce heat to medium; cook until potatoes are tender when pierced with a fork, 16 to 18 minutes (be careful not to overcook). Drain and rinse under cold water. Let cool for 5 minutes. Cut potatoes in half crosswise, or quarter if large.

meanwhile, finely chop white and light green parts of scallions (you should have about ½ cup). Thinly slice dark green parts (you should have about ½ cup). Cook oil and garlic in a small skillet over mediumlow, stirring often, until garlic is golden, 6 to 8 minutes. Transfer garlic to a towellined plate with a slotted spoon; season with ¼ teaspoon salt. Add chopped white and light green parts of scallions to oil in skillet; cook over medium, stirring often, until softened, about 1 minute. Remove from heat. Transfer scallion-oil mixture to a large bowl. Let cool for about 10 minutes.

**WHISK** vinegar, mustard, pepper, and remaining 2½ teaspoons salt into scallion-oil mixture until thickened and well combined. Add potatoes, parsley, basil, and sliced dark green parts of scallions. Gently fold to combine. Top with crispy garlic chips before serving.

#### GREEN BEAN SALAD

#### WITH CRISPY

#### **BREAD CRUMBS**

ACTIVE TIME **25 MINUTES**TOTAL TIME **35 MINUTES**SERVES **8** 

- 2 lb. fresh green beans (or a combination of green, wax, and purple beans), trimmed
- 1 oil-packed jarred anchovy
- <sup>1</sup>/<sub>3</sub> cup plus 2 Tbsp. olive oil, divided
- 1 cup fresh bread crumbs (from 2 slices bread)
- 3/4 tsp. kosher salt, divided, plus more for water
- ½ tsp. lemon zest plus 2 Tbsp. fresh juice (from 1 lemon), divided
- 3 Tbsp. chopped fresh dill
- 2 cloves garlic, grated
- 1/2 tsp. Worcestershire sauce Flaky sea salt, for serving

water to a boil over medium-high. Add beans; cook, stirring occasionally, until crisp-tender, 4 to 5 minutes. Drain and rinse under cold water until beans are no longer warm, about 30 seconds. Shake off excess water and transfer beans to a large, towel-lined baking sheet. Blot dry.

PLACE anchovy and 2 tablespoons oil in a large skillet. Cook over medium, stirring and breaking up anchovy into small pieces with a wooden spoon, until anchovy is mostly dissolved and oil is hot and sizzling, 2 to 3 minutes. Stir in bread crumbs and 1/4 teaspoon kosher salt. Cook, stirring constantly, until bread crumbs are golden brown, 2 to 4 minutes. Transfer bread crumb mixture to a small bowl; stir in lemon zest. Let cool, tossing occasionally, for 10 minutes. Add dill and toss to combine.

whisk lemon juice, garlic, Worcestershire sauce, and remaining ½ teaspoon kosher salt in a large bowl. Drizzle in remaining ⅓ cup oil, whisking constantly. Add cooked beans and toss to coat. Transfer beans to a platter; spoon any remaining dressing in bowl over beans. Sprinkle with flaky sea salt and bread crumb mixture.

MAKE AHEAD: Cover and chill cooked and undressed beans for up to 1 day. Bring to room temperature before dressing and serving. Store cooled bread crumb mixture in an airtight container at room temperature for up to 1 day.

To make this vegetarian, skip the anchovy and Worcestershire sauce (which contains a small amount of fish), and be generous with the flaky sea salt.

## PB&J ICE CREAM SANDWICHES

ACTIVE TIME 20 MINUTES
TOTAL TIME 1 HOUR, 35 MINUTES
SERVES 8

- 1/2 cup strawberry jam
- 16 store-bought or homemade peanut butter cookies (about 3 in. diameter)
- 1/2 cup freeze-dried strawberries, finely crushed
- ¹/₂ cup roasted unsalted peanuts, finely chopped
- 1 qt. vanilla ice cream

**SPREAD** about 1½ teaspoons jam on flat side of each cookie. Place cookies, jam side up, on a baking sheet lined with parchment paper. Freeze until jam sets, about 30 minutes.

rate small, shallow bowls. Working quickly, remove 2 cookies from baking sheet. Top jam side of 1 cookie with about ½ cup ice cream and cover with other cookie, jam side down. Gently press together until ice cream reaches cookie edges. Dip half of sandwich in strawberries or peanuts to coat ice cream; leave other half undipped. Return ice cream sandwich to baking sheet in freezer. Repeat with remaining cookies, ice cream, strawberries, and peanuts. Freeze ice cream sandwiches until set, about 45 minutes.

**MAKE AHEAD:** Tightly wrap frozen sandwiches individually in plastic wrap or parchment paper. Freeze for up to 1 week.





#### PARTY

#### PREP SHEET

If you're making
the whole menu and
want to break up
the steps, here's what
to do in advance.

#### **1 WEEK AHEAD**

Make and freeze
PB&J Ice Cream
Sandwiches.

#### **5 DAYS AHEAD**

Stir together the chive butter for Fancy
Tomato Sandwiches.

#### **3 DAYS AHEAD**

Quick-pickle the onions for **Nectarine** and **Burrata Salad**.

Make Caramelized Shallot Dip.

#### THE DAY BEFORE

Bake Mostly Make-Ahead BBQ Ribs and prep the barbecue sauce.

Cook the green beans and bread crumbs for Green Bean Salad with Crispy Bread Crumbs.

#### THE MORNING OF

Slice the nectarines
for Nectarine and
Burrata Salad and toss
with lemon juice, oil,
and seasoning.

Make the vinaigrette for Green Bean Salad with Crispy Bread Crumbs.





# FACE



# ASBURY PARK, NEW JERSEY

Take what you know about

the classic boardwalk town-wide beach, oldschool shops, Ferris wheel and, as they say in Jersey, fuhgeddaboudit. Just over an hour from New York City, Asbury Park is a trendy shore town with nary a Snooki in sight. At the Asbury (from \$250 a night), urban cool (modern fixtures) meets beach chill (poolside food truck). There's the muralsplashed Asbury Park **Boardwalk that practically** Instagrams itself, and at the revamped Asbury Lanes, music makes bowling totally lit. Start your morning with pork roll, egg, and cheese sandwiches at Frank's Deli and Restaurant. After an afternoon of sun and surf, reunite with Inky, Blinky, Pinky, and Clyde at the vintage arcade at Silverball Museum. For dinner, try pizza at Porta, Cuban at Cubacán, or Korean tacos at Mogo. Then have rock and roll as a nightcap at the gloriously gritty Stone Pony, a Jersey institution where **Bruce Springsteen and** Bon Jovi performed in their glory days.



#### HILTON HEAD, SOUTH CAROLINA

Rich scenery, a spectacularly slow pace of life—Hilton Head has all the vacay feels. Check into Montage Palmetto Bluff (from \$455 a night) and snag a hotel bike to meander the 60 miles of pathways and tree-lined trails. Cheers for stretchy waistbands:

Hilton Head has over 250 restaurants, from pet friendly to haute cuisine. Don't miss the Old Oyster Factory, where hush puppies appear alongside tuna poke on the menu and somehow it just works. Spend an afternoon on Daufuskie Island—a mostly car-free refuge reachable by ferry—and ride horseback on the sand with Daufuskie Island Trail Rides. If the golf course is your sanctuary, 23 championship courses will help you trade Zoom for zen. Beach purists can hit 13 miles of Atlantic Ocean shores. After a morning of kid-centric scavenger hunts at the Coastal Discovery Museum, recharge with surf and turf at Skull Creek Boathouse.

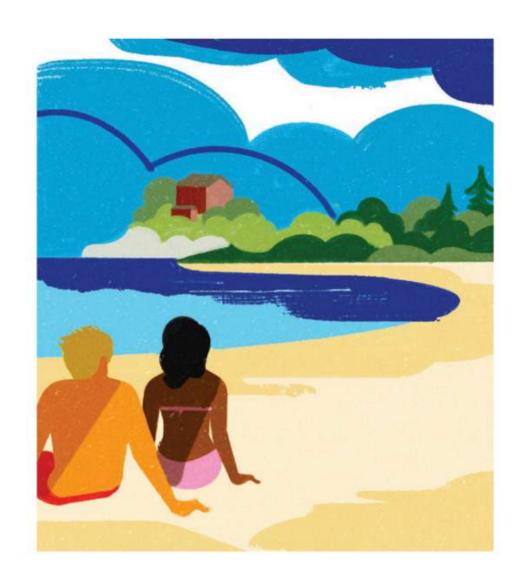


#### DESTIN, FLORIDA

Being out on the water is a way of life in this picturesque Panhandle town. Ask any of the 100-plus charter captains, like **Brandy Miles-Kitchens of the** 5th Day, who'll take you deepsea fishing. Haul your catch to Brotula's to have it seared, fried, or blackened to your liking. Landlubbers can stick to the Gulf, a beach bar on nearby Okaloosa Island. Order baskets of shrimp at Dewey Destin's **Seafood Restaurant and** key lime saltwater taffy at Candymaker. For activity time, **Henderson Beach State Park** has wildlife-filled nature trails. Stay at the adults-only Henderson Park Inn (from \$402 a night) or the family-friendly Henderson (from \$410 a night).

#### MARQUETTE, MICHIGAN

Nestled between the shores of Lake Superior and the base of Marquette Mountain, this city has both beach and mountain vibes in spades. Scenic vistas and rugged trails will delight the nature obsessed, while beach bums can take their pick of 83 lakeshore miles (we recommend McCarty's Cove). Book an Airbnb and get exploring: Trek the Thomas Rock Scenic Overlook trail for panoramas of Big Bay, or jump off the 15-foot Black Rocks in Presque Isle Park for a guaranteed adrenaline rush. Did we mention



there are more than 300 water-falls in the state, and a whopping 77 in Marquette County? Prioritize Morgan Falls (arguably the most beautiful) and Yellow Dog Falls (a remote gem with rapids). Balance out all that adventure with farmhouse ales at Barrel + Beam and bourbon BBQ short ribs at the Delft Bistro, a cinema turned downtown eatery that screens films while you chow down.

#### PACIFIC CITY, OREGON

When summer arrives in the Pacific Northwest, in-the-know Oregonians descend on this unassuming beach town less than two hours from Portland. Here, it's all about living large outdoors: fishing, surfing, kayaking, crabbing. Admire views of Nehalem Bay while hiking the Neahkahnie Mountain trails, or stay in the car and drive the 40-mile Three Capes Scenic Loop in Tillamook to tour a trio of awe-inspiring spots: Cape Meares, Cape Lookout, and Cape Kiwanda. Have dinner at the Riverhouse Nestucca, an unassuming cottage serving elevated seasonal seafood, like Pacific coho with potato gnocchi. Hit the hay in an Airstream trailer at Hart's Camp (from \$329 a night with a 2-night minimum), then launch directly from Pacific City Beach on a dory boat excursion. The traditional flat-bottom vessel makes it easy to fish for salmon, rockfish, and lingcod. To relax, hang at the beachfront Pelican Brewing Company—pale ales for parents, soda for kids, fish and chips for all.

### Martha's Vineyard, Massachusetts

I GREW UP IN THE BRONX, so my beach was always Orchard Beach, which was a train ride away. When I was around 13, I was invited to go to Martha's Vineyard for the first time with a friend. My dad wanted me to experience the world of the Vineyard, because he knew that many of the beaches there—like Oak Bluffs and Inkwell Beach—have strong ties to the African American community.

I remember thinking, "What is this magical island you take a ferry to and then go to a beach where everyone looks like you?" You really do become obsessed with the place. It calls to me—I'll stay for a week and never want to leave.

One of our rituals is pulling up our beach chairs on the sand and watching people jump off the Jaws Bridge. That's not the bridge's real name, but everyone calls it that because Jaws was filmed on the Vineyard, and the shark terrifyingly swam under it. There are big No Jumping signs, but it's a rite of passage to jump off it. I did it when I was younger, and my kids have followed suit. Since they were babies, we've gone to the Jaws Bridge to watch people jump. We sit in our chairs in the sun and I sip rosé. It really is an amazing setup. On an amazing island. In my happy place.

-Sunny Hostin is a cohost of The View. Her novel Summer on the Bluffs, the first in a series of three, is available now.

#### TUCSON, ARIZONA

This Southwestern stunner has a reported 350 days of sunshine a year. Stay at the chic Joshua Tree House (from \$285 a night with a 2-night minimum) and zone out in the pool or cactus garden. If you require more serenity, book a Balance-Restoring CBD Wrap at SpaWell at El Conquistador Tucson, or knock back a few mezcal bolo tais at Portal Cocktails. For culture, visit MOCA Tucson; for adventure, go horseback riding with Spanish Trail Outfitters. Places like Barrio Charro—with dishes like the carne asada tortamano, a sandwich with house-baked Azteca bread—have helped make Tucson the first UNESCO City of Gastronomy in the country. Cap the trip at 9,000 feet in the Santa Catalina Mountains, where the Mt. Lemmon SkyCenter's stargazing programs let you take in far-off nebulae.



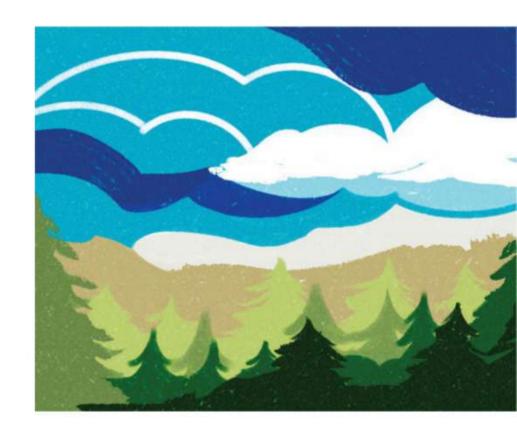
# ASHEVILLE, NORTH CAROLINA

Reasons to love Asheville: rich history, locavore eats, grassroots music. Reasons to dislike Asheville: not applicable. Check into the Foundry Hotel (from \$286 a night), set in a restored steel factory. Two miles away is the Biltmore Estate, George Washington Vanderbilt's former digs with a sprawling manor, gorgeous gardens, and sweeping views of the Blue Ridge Mountains. Back in town, seek out the S&W Market, a new food hall with barrel-aged beer from Highland **Brewing Company and fried** chicken sandwiches from Meherwan Irani, a James Beardnominated chef. The Folk Art Center showcases local crafts pick up handmade scarves, bowls, vases, and more at the shop. Enjoy short rib hash for dinner at Benne on Eagle, then mingle with hip locals at Salvage Station, an outdoor venue that features music genres from soul to rock.

#### NORTHERN CATSKILLS, NEW YORK

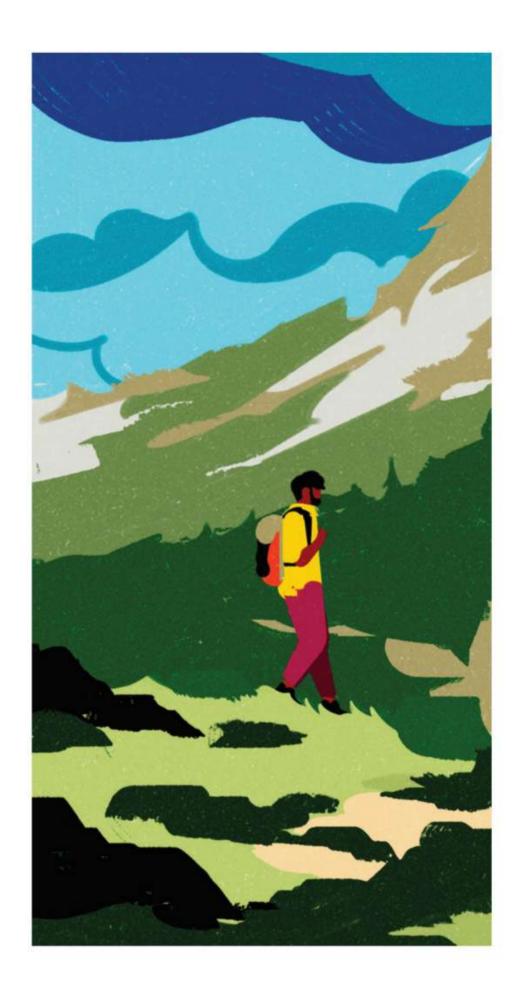
Go for the day, stay for a week. New York's Catskill Mountains are just two hours north of N.Y.C. but full of small towns, breweries, ski resorts, and trails. Zero in on the Northern Catskills (Greene County), where you'll find a sleepaway camp for adults, a.k.a. the Getaway (from \$179 a night). Have omelets at Catskill Mountain Country Store, then hike Overlook Mountain Trail. Craft beer is the culture here, so dedicate a day to the region's hops, moving from Woodstock Brewing to Tuthilltown Spirits to Catskill Distilling Company. Book a wade trip with fly-fishing outfitter Esopus Creel. For those with kids, there's the new Legoland, set to open this summer. In the eve, sommelier Cordelia Schreiber takes oenophiles around the globe (Spanish Tempranillo, Italian Montepulciano) at Ze Windham Wine Bar.





#### **BIG SKY, MONTANA**

Big Sky has finally reached star status, thanks to more direct flights from major U.S. cities and new multimilliondollar ski lifts. Book a rental through Big Sky Resort, or plan your winter at the upcoming slopeside Montage Big Sky. Zip-lining, rock climbing, golf, fishing—you name it, Big Sky has it going on during summer. Winter powder hounds can chase 40-plus inches of snowfall, then head to Westward Social for aprèsski. In town, shop at Montana Supply and Ari O Jewelry. Tips Up has comfort food (fried chicken is king), live music (a full lineup of local talent), and just the right hint of kitsch (vintage skis and Montana memorabilia line the ceiling and walls). The West Entrance to Yellowstone National Park is about an hour away. Tap **Yellowstone Adventure Tours** for a bucket-list wildlife safari, guided snowshoeing, or tour of hot springs and geysers.



#### JACKSON, WYOMING

This mountain mainstay by the Teton Range, boasting equal parts Western chill and modern luxury, attracts a year-round crowd. Start each day at Persephone Bakery for out-of-this-world croissants. In winter, hit the slopes of Snow King and Jackson Hole Mountain Resorts (expert skiers will like Corbet's Couloir; others might try Rendezvous Bowl). Summer is for white-water rafting, horseback riding, hiking, and biking. And don't forget: All of Yellowstone lies at your doorstep. The Cloudveil (from \$649 a night) recently opened on the historic town square, and its rooftop terrace sets the standard for après-ski. Dine at the mountainside Old Yellowstone Garage, and keep the night going with whiskey and live music at Million Dollar Cowboy Bar.

## Mt. Monadnock, New Hampshire

TWO OF THE MOST difficult events in my life happened within a month of each other: My marriage ended, and my mother died. I knew I'd survive my losses, but at the time, in my mid-30s, I had no idea how. I did know I needed some time, some quiet, to be with myself and try to come to terms with what had happened. And so, a few days after my mother's death—the week I left the New Hampshire home I'd shared with my husband and three children-I climbed a mountain.

For any serious climber, New Hampshire's Mt. Monadnock isn't that big a deal. It's a day hike, four hours up and three hours down at most. But for me, those hours offered a quiet space to take in what had happened, as well as time to leave it behind—on the steeper, rockier parts of a trail, all you can do is breathe hard and put one foot in front of the other. Looking back, I think I viewed Mt. Monadnock as a symbol: If I got to the top, as I knew I could, that would be a sign I'd be OK. I did, and I am.

Every fall since that year, I've climbed Mt. Monadnock—sometimes with a friend, sometimes alone. For a few years, I made the ascent with my second husband, Jim. When he died five years ago, I marked my loss once again with a long, hard climb.

A walk on the beach is easier on the knees, of course. But here's the thing about mountains: They present you with a clear and absolute destination—the top. And then another one—the bottom. For me, a mountain is where a person can bring sorrow or celebrate joy. Every time I reach the top again, I remind myself: I am a survivor.

**–Joyce Maynard** is the author of the memoir At Home in the World and the novel Labor Day. Her new novel, Count the Ways, is out this month.



# FOOD





EASY DINNER 1

# Sriracha Pork Chops with Smashed Cucumbers

**ACTIVE TIME 45 MINUTES** TOTAL TIME **45 MINUTES** SERVES 4

✓ Gluten-Free

- or tamari, divided
- 1/4 cup toasted sesame oil,
- 5 Tbsp. unseasoned rice vinegar, divided
- 2 Tbsp. honey, divided
- 4 10-oz., 1-in.-thick bone-in pork chops
- 6 Persian cucumbers, halved lengthwise and seeds scooped out Neutral oil, for grill grates
- 1 Tbsp. sesame seeds

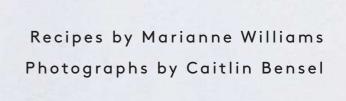
**WHISK** sriracha, 3 tablespoons each soy sauce and sesame oil, 2 tablespoons vinegar, and 11/2 tablespoons honey in a small bowl. Pour half of sriracha mixture into a storage container; add pork and turn to coat. Let marinate in refrigerator for 15 minutes. Reserve remaining sriracha mixture for grilling.

**MEANWHILE**, place cucumber halves, cut side down, on a cutting board. Using your hands or the flat side of a large chef's knife, press down to lightly smash. Cut into 11/2-inch pieces. Whisk remaining 1 tablespoon each soy sauce and sesame oil, 3 tablespoons vinegar, and 1/2 tablespoon honey in a large bowl; add cucumbers and toss to coat. Refrigerate until ready to serve.

PREHEAT a gas grill to high (450°F to 500°F) and lightly oil grates. Remove pork from marinade; discard marinade. Grill pork, uncovered, turning occasionally, until a thermometer inserted in thickest portion registers 145°F, 12 to 15 minutes. During final 5 minutes of grilling, baste pork with reserved sriracha mixture.

**DRAIN** and discard liquid from cucumber mixture; return cucumbers to bowl. Add sesame seeds and toss to combine. Serve pork with cucumber salad.

**PER SERVING:** 618 Calories, 31g Fat (7g Saturated), 167mg Cholesterol, 3g Fiber, 63g Protein, 17g Carbs, 961mg Sodium, 9g Sugar (9g Added)







- 1 lb. store-bought pizza dough
- ¹/₄ cup olive oil, divided, plus more for grill grates
- 8 oz. ground lamb
- 3/4 tsp. ground cumin
- 1/4 tsp. ground cloves
- 1/2 tsp. kosher salt, divided
  All-purpose flour, for dusting
- 1/2 cup thinly sliced red onion (from 1 onion)
- 5 oz. shredded low-moisture part-skim mozzarella cheese (1½ cups)
- 2 oz. feta cheese, crumbled (about 1/2 cup)
- 1/2 cup roughly chopped fresh cilantro leaves (from 1 bunch)

**LET** dough come to room temperature for 20 minutes. Preheat grill to high (450°F to 500°F) and lightly oil grates.

**MEANWHILE,** heat 1 tablespoon oil in a large skillet over mediumhigh. Add lamb; cook, breaking up meat, until browned, about 3 minutes. Add cumin, cloves, and 1/4 teaspoon salt; cook for 1 minute. Transfer mixture to a bowl with a slotted spoon.

with flour. Stretch dough into a large oval on baking sheet. Brush with 1 tablespoon oil. Place dough, oiled side down, on grill grates. Grill, uncovered, until dough starts to puff and grill marks appear on bottom, 2 to 3 minutes. Brush top of dough with 1 tablespoon oil; flip. Working quickly, top dough evenly with lamb, onion, and mozzarella. Close grill and reduce heat to medium. Grill until cheese is melted, about 3 minutes. Remove from grill.

**TOP** with feta, cilantro, and remaining <sup>1</sup>/<sub>4</sub> teaspoon salt. Drizzle with remaining 1 tablespoon oil.

**PER SERVING:** 709 Calories, 38g Fat (14g Saturated), 81mg Cholesterol, 9g Fiber, 31g Protein, 57g Carbs, 1,079mg Sodium, 2g Sugar

EASY DINNER 2

## Grilled Lamb Flatbread

ACTIVE TIME 20 MINUTES
TOTAL TIME 35 MINUTES SERVES 4

✓ Freezable ✓ Family Friendly





# Gnocchi alla Vodka

ACTIVE TIME **25 MINUTES**TOTAL TIME **25 MINUTES** SERVES **4** 

✓ Quick Cooking ✓ Vegetarian
✓ Family Friendly

- 3 oz. Parmesan cheese, divided
- 2 Tbsp. unsalted butter, divided
- 1½ cups marinara sauce
- 1/3 cup (2<sup>2</sup>/<sub>3</sub> oz.) vodka, dry white wine, or unsalted vegetable broth
- 1 16-oz. pkg. potato gnocchi
- 1/3 cup heavy whipping cream
- 1/2 tsp. kosher salt
- ¹/₄ cup unsalted roasted whole almonds, roughly chopped
- 2 Tbsp. chopped fresh flat-leaf parsley leaves
- 1½ tsp. lemon zest (from 1 lemon)

**GRATE** 2 ounces cheese on largest holes of a box grater to equal ½ cup.

MELT 1 tablespoon butter in a large, high-sided skillet over medium-high. Add marinara sauce and vodka; bring to a boil over medium-high, stirring often. Reduce heat to medium. Simmer, stirring occasionally, until scent of vodka has dissipated (or, if using wine or stock, until sauce has slightly thickened), 2 to 3 minutes.

to medium-high. Cook, stirring occasionally, until gnocchi is tender and sauce has thickened, about 4 minutes. Add cream; cook, stirring constantly, for 1 minute. Remove from heat. Stir in grated cheese, salt, and remaining 1 tablespoon butter.

ross almonds, parsley, and lemon zest in a small bowl.
Using a vegetable peeler, shave remaining 1 ounce cheese into parsley mixture; stir to combine.
Sprinkle onto gnocchi.

**PER SERVING:** 547 Calories, 28g Fat (13g Saturated), 56mg Cholesterol, 5g Fiber, 13g Protein, 49g Carbs, 1,207mg Sodium, 1g Sugar

#### COOK WITH COZI

Get REAL SIMPLE's easy weeknight-dinner recipes in Cozi, a free meal-planning and organizing app from Meredith Corporation.
Hover your phone's camera over the code to download.



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Toss almonds, lemon zest in a Using a vegetal remaining 1 our parsley mixture Sprinkle onto go PER SERVING: (Jag Saturated), 56 Fiber, 13g Protein, Sodium, 1g Sugar

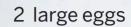
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EASY DINNER 4

# Crispy Chicken and Blue Cheese Salad

ACTIVE TIME **25 MINUTES** TOTAL TIME **25 MINUTES** SERVES **4**• Quick Cooking



- <sup>2</sup>/<sub>3</sub> cup plain dry bread crumbs
- 3/4 tsp. kosher salt, divided
- 4 4-oz. chicken breast cutlets, patted dry
- 1/2 cup olive oil, divided
- 1½ Tbsp. fresh lemon juice (from 1 lemon)
- 3/4 tsp. Dijon mustard
- 3/4 tsp. honey
- 4 oz. baby arugula (4 cups packed)
- 4 oz. blue cheese (such as Stilton), crumbled (about 1 cup)

crack eggs into a shallow dish and beat with a fork. Combine bread crumbs and 1/4 teaspoon salt in a separate shallow dish. Working with 1 cutlet at a time, dip in eggs and turn to fully coat; let excess drip off. Transfer cutlet to bread crumb mixture and turn to coat, pressing to adhere. Transfer cutlets to a large plate.

baking sheet. Heat 3 tablespoons oil in a large skillet over mediumhigh. Add 2 cutlets to skillet; cook, flipping once, until deep golden brown, about 3 minutes per side. Transfer cutlets to baking sheet and season with 1/8 teaspoon salt. Reduce heat to medium. Repeat with 3 tablespoons oil, remaining 2 cutlets, and 1/8 teaspoon salt.

whisk lemon juice, mustard, honey, and remaining 1/4 teaspoon salt in a large bowl. Gradually whisk in remaining 2 tablespoons oil until smooth and combined. Add arugula and cheese; toss to lightly coat. Slice cutlets and serve over salad.

**PER SERVING:** 581 Calories, 40g Fat (10g Saturated), 179mg Cholesterol, 1g Fiber, 39g Protein, 17g Carbs, 810mg Sodium, 3g Sugar (1g Added)

**EASY DINNER 5** 

# Nicoise-Inspired Summer Salad

ACTIVE TIME 15 MINUTES TOTAL TIME 25 MINUTES SERVES 4

✓ Quick Cooking ✓ Make Ahead ✓ Gluten-Free



- 4 large eggs
- 8 oz. sugar snap peas, trimmed
- 1/3 cup olive oil
- 2 Tbsp. red wine vinegar
- 4 anchovy fillets, finely chopped
- 2 cloves garlic, finely chopped
- 1 15-oz. can low-sodium chickpeas, drained and rinsed
- 8 oz. smoked trout fillets, skin removed, fillets torn into large pieces
- 1 cup cherry tomatoes, halved
- 1/2 cup pitted whole kalamata olives

to a boil over medium-high.
Add eggs; cook, undisturbed,
for 9 minutes. Using a slotted
spoon, transfer eggs to a large
bowl of ice water. Let cool for
2 minutes.

**MEANWHILE,** return water in pot to a boil over medium-high. Add snap peas; cook, stirring occasionally, until crisp-tender and bright green, 2 to 3 minutes. Drain, rinse with cold water, and pat dry. Peel eggs and quarter lengthwise.

whisk oil, vinegar, anchovies, and garlic in a small bowl.
Transfer 2 tablespoons dressing to a medium bowl. Add chickpeas to dressing in medium bowl and toss to coat.

**ARRANGE** snap peas, trout, tomatoes, olives, eggs, and chickpeas on a large platter. Serve with remaining dressing.

**PER SERVING:** 540 Calories, 36g Fat (6g Saturated), 204mg Cholesterol, 7g Fiber, 29g Protein, 25g Carbs, 1,287mg Sodium, 6g Sugar

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6 times more vitamin D\* for building immunity and strong bones

10 times more vitamin E\* to help protect cells from damage

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38% more lutein\* for good eye health

Nearly twice as much folate

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#### **INGREDIENTS**

2 ears corn-on-the-cob, cut into 8 pieces

2 bell peppers (red and yellow)

1/2 red onion, cut into chunks

1/2 zucchini, sliced

5 jalapeno peppers

5 wooden skewers, soaked in water 15 minutes

4 Tbsp. Hellmann's® Vegan Dressing and Spread

1/4 tsp. salt

1/8 tsp. pepper

1/8 tsp. paprika

#### **METHOD**

1. Alternately skewer corn, bell peppers, onion and zucchini on 4 skewers. Skewer jalapeno peppers on 1 skewer. Brush with 2 Tbsp. Hellmann's® Vegan Dressing and Spread and sprinkle with salt, pepper and paprika.

2. Grill or broil, turning once until vegetables are tender, about 15 minutes. Serve with remaining 2 Tbsp. Hellmann's Vegan Dressing and Spread.





WE'RE ON THE SIDE OF FOOD





#### STELLAR SUNFLOWER SEEDS

These cute kernels make a great snack, and they're also a smart swap for nuts in all sorts of recipes—even if no one in your house has a nut allergy. With a pleasant crunch and mild flavor, these babies boast outsize nutritional benefits: They're rich in antioxidants, which protect cells against free-radical damage, and high in vitamin E, which can help reduce the risk of inflammation. Sunny seeds indeed!

Use it to top grilled veggies or pizza, perk up scrambled eggs, or upgrade a sandwich.

ACTIVE TIME 15 MINUTES
TOTAL TIME 15 MINUTES
MAKES 11/3 CUPS

- 2 cups packed fresh basil leaves (from a 4-oz. bunch), torn
- ¹/₄ cup roasted unsalted sunflower seeds
- 3 Tbsp. hemp seeds
- 3 Tbsp. grated Parmesan cheese
- 2 Tbsp. ground flaxseed
- 1 tsp. lemon zest plus 2 Tbsp. fresh juice (from 1 lemon)
- 2 cloves garlic, quartered
- 3/4 tsp. kosher salt
  Freshly ground black pepper
- 3/4 cup olive oil

PLACE basil, sunflower seeds, hemp seeds, cheese, flaxseed, lemon zest and juice, garlic, salt, and several grinds of pepper in a food processor. Pulse until finely chopped, about 10 pulses. With machine running, gradually add oil, stopping to scrape sides and bottom of bowl as needed, until smooth, about 1 minute. Alternatively, process mixture in a large bowl using an immersion blender.

**TRANSFER** pesto to an airtight container and store in the refrigerator for up to 5 days. Let stand at room temperature for 5 minutes; stir before using.

**TO FREEZE:** Transfer pesto to ice cube trays, cover, and freeze overnight. Remove frozen pesto cubes from trays and put in a reusable zip-top bag or storage container. Freeze for up to 6 months.





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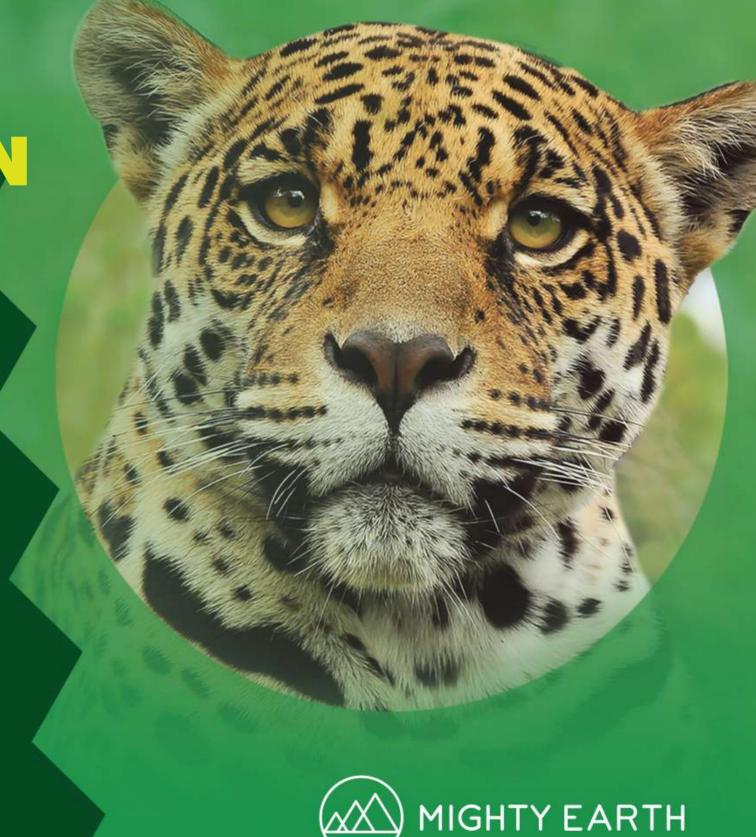
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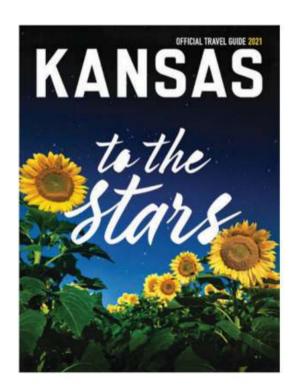
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